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SPORTS AND DRUG ABUSE

HEARING

BEFORE THE

SUBCOMMITTEE ON
ALCOHOLISM AND DRUG ABUSE

OF THE

COMMITTEE ON
LABOR AND HUMAN RESOURCES
UNITED STATES SENATE

NINETY-EIGHTH CONGRESS

SECOND SESSION

ON

EXAMINING THE IMPACT OF ILLEGAL DRUGS ON SPORTS AND THE NATIONAL EFFORT OF SPORTS FIGURES TO HELP FIGHT DRUG ABUSE

SEPTEMBER 25, 1984

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TUESDAY, SEPTEMBER 25, 1984

U.S. SENATE,
SUBCOMMITTEE ON ALCOHOLISM AND DRUG ABUSE,
COMMITTEE ON LABOR AND HUMAN RESOURCES,
Washington, DC.

The hearing commenced, pursuant to notice, at 9:40 a.m., in room SD–430, Dirksen Senate Office Building, Senator Paula Hawkins (chairman of the subcommittee) presiding.

Present: Senators Hawkins and Hatch.

OPENING STATEMENT OF SENATOR HAWKINS

Senator HAWKINS. I call this hearing to order.

Today, we are going to examine the impact of illegal drugs on sports and the national effort of sports figures to help us fight drug abuse.

Almost every kind of professional sports and amateur athletics can be exciting for the spectator, though punishing for the participant. Until recently, however, it was not thought that the tragedy of drug abuse had entered the game. But more and more disturbing information is emerging of the tragic correlation between the pressures of play, both physical and emotional, and resulting drug use. While there is no reliable scientific data available detailing the amount of drug use by athletes, all indications are that a larger proportion of athletes than nonathletes, both amateur and professional, are abusing drugs and/or alcohol.

In perhaps the only formal survey conducted thus far—a study of substance abuse among Big Ten college athletes—the following figures emerged: 22 percent of the athletes surveyed were regular users of marijuana; 7 percent regularly snorted cocaine, and 62 percent had a couple of drinks at least twice a week. This is, indeed, an increase over the national average.

In professional sports, particularly, it is often claimed that illegal drug use is epidemic; estimates are that 10 to 20 percent of the players use illegal narcotics regularly. And, as one former Miami Dolphin said: "The membership of professional sports is being eaten alive by a cancer."

It has been suggested that there is even more overall illegal drug use in basketball and baseball. It is recognized as such a problem in professional sports that all four major sports leagues in the United States now employ trained personnel who deal with drug and alcohol abuse. And it is recognized as such a problem in amateur athletics that a major drug abuse prevention program initiated by the Drug Enforcement Administration in conjunction with

the National High School Athletic Coaches Association, the International Association of Chiefs of Police, the National Football League Players Association, and the National Football League, has been established to reach more than 5 million student athletes.

One of the most tragic aspects of this situation is, as one sports figure poignantly states: "The saddest thing about an athlete having a drug problem is that the kids see it."

We Americans take our sports, and our sports figures, seriously, and expect those involved to be above suspicion, not only of bribery and manipulation, but also of such aberrational behavior as drug abuse. When a major sports figure is found to be drug dependent, even though he may be an involuntary role model, he disappoints and hurts many more people than just himself. It can be devastating not only for the athlete, who throws away the precious gifts of supreme athletic ability and achievement, but also for the young person who idolizes and often emulates him.

Organized sports, both amateur and professional, should be alert to the potential for the corruption that exists in drug use, most importantly because no antidrug program can be successful, whether it stresses education, prevention, or treatment, unless it commands the support and participation of the players.

In attempting to find solutions to the problem of drug abuse in sports, we are going to hear today from three panels. Before we introduce those panels, I am thrilled that Senator Hatch, the chairman of the full committee, is with us today, and I would like to ask him if he has a statement for the record.

OPENING STATEMENT OF SENATOR HATCH

Senator HATCH. Well, thank you, Senator Hawkins. I want to compliment you for the willingness you have to investigate these areas, and of course, to expose some of the problems that we have in our society today. So I am pleased to join with Senator Hawkins to examine the impact of drug abuse in professional and amateur sports. I really support her efforts in this area.

Determining what further efforts are needed to combat drug and alcohol abuse in the sports community is essential to the continuance of our American sports tradition. Collegiate and professional athletes occupy a unique position in the eyes of the public. They are the objects of admiration and emulation. Their privates lives are public knowledge—open windows for public viewing—courtesy of the news and the broadcasting media. The ball they hit, the dirty shirt they discard, the ground they walk on—all are valuable memorabilia for fans. Each is a Paul Bunyan, a public hero, an idol for our young.

Inseparable from this public acclaim, however, is public responsibility. It is extremely sad when a drug addicted athlete's behavior is witnessed and copied by an impressionable teenager. When a major sports figure is found to be drug dependent, it is devastating not only to the athlete who, as a consequence of abuse, reduces his precious athletic ability. It is also devastating to the young people who idolize and often emulate his behavior.

Americans freely give loyalty, love, and money, and in return expect athletes to be above reproach, above bribery, above manipu-

lation, and above drug abuse. Most fulfill this requirement and provide a positive role model. But others, certainly a minority, are unable to measure up and meet the standard.

The game itself is honored or dishonored by its own participants. High standards of personal conduct are not only important to the administration of college athletic departments and professional sports associations, but they are also important to the players themselves and to the public, on whose approval and support the game—and the livelihood of all those associated with it—depends.

Today, we will also address the obligation of the public to the athletes. First of all, we must recognize that they are human beings, fellow citizens. Their personal welfare is more important than the number of points they score, the money they make, and the speed with which they carry the ball. We cannot judge whether they have fallen down socially or whether they have lost a step in their pursuit of superior athletic ability. Instead, we as a society should applaud and appreciate their talents and promote their well-being.

At this time, there are no reliable scientific data available dealing with the extent of drug abuse by both college and professional players. The only formal survey on substance abuse was conducted among Big Ten college athletes, and Senator Hawkins has gone over that—that 22 percent of athletes surveyed were regular users of marijuana; 7 percent regularly used cocaine; 62 percent consumed a moderate amount of alcohol at least twice a week. Professional sports personnel estimate that 10 to 20 percent of the players regularly use illegal narcotics. Although this statistic is comparable to the national trend, it is still significant and unacceptable.

Today, we should address the importance of drug and alcohol rehabilitation for athletics; we should also address sanctions against offenders. Many athletic organizations have set examples: Bowie Kuhn, commissioner of baseball, fined Los Angeles Dodger relief pitcher, Steve Howe, $54,000 for the use of cocaine; the National Basketball Association installed a hotline for its players who are seeking help for drug addiction. The Hazleton Foundation, located in Minnesota, is working with both the National Football League and the National Football League Players' Association by sending counselors to training camps where they educate and warn players about cocaine usage and, when necessary, direct them to rehabilitation programs and facilities.

Two years ago, Coach Sam Rutigliano of the Cleveland Browns established the inner circle, organized as a support system for players with drug problems.

Some teams in colleges and professional sports are tightening security. Administrators are hiring former FBI drug undercover specialists to police substance abuse within their organizations.

It is well known that the financing of drug habits is a prime contributor to crime in our society. The potential for corruption also exists within the sports community. In the pursuit of drugs, athletes can be tempted to jeopardize their careers and cheat themselves, as well as the public. We in the public and the private sectors must be aware and also be concerned. The abuse of chemical substances by athletes has the potential to precipitate the decline and eventual decay of the American sports tradition. Continued

and increased abuse could conceivably destroy the great American pastimes.

I join with Senator Hawkins and those witnesses who have come today to share ideas and to investigate solutions to this unique problem—drug abuse by athletes. It is our sincere hope that this oversight hearing will stimulate thought and shed light on the issue of drugs and sports.

So I want to thank Senator Hawkins for bringing this issue before the Congress and for working all over the world to try and shut off some of the influx of drugs coming into this country. She has been the No. 1 leader in the U.S. Senate and, I might add, the U.S. Congress.

I also want to join with her in welcoming our witnesses here today, Jack Lawn, Deputy Director of the DEA; Carey McDonald, and of course, Coach Bowden, we are happy to have you here, as well.

We look forward to hearing from Eugene Morris, from Calvin Hill, from the Reverend Roosevelt Grier, Tom McMillan, and Nancy Hogshead, if they are all here.

I just want to personally thank all of you for being here in advance. I have a problem on the floor, so I will have to leave in the middle of it, and I hope you will forgive me. I am very interested in all you have to say, and I will read that which I miss hearing.

But thank you for being here.

Thank you, Senator Hawkins.

Senator HAWKINS. Thank you, Mr. Chairman.

The first panel consists of Mr. Jack Lawn, whom the chairman has already introduced, who is Deputy Director of the Drug Enforcement Administration; Mr. Carey McDonald, executive director of the National High School Athletic Coaches' Association, and Mr. Bobby Bowden, of whom I am very proud, who is the coach of the Florida State University Seminoles football team.

We welcome you here today, gentlemen, and we look forward to your comments.

Mr. Lawn, would you proceed first, please?

STATEMENT OF JACK LAWN, DEPUTY DIRECTOR, DRUG ENFORCEMENT ADMINISTRATION, U.S. DEPARTMENT OF JUSTICE; CAREY McDONALD, EXECUTIVE DIRECTOR, NATIONAL HIGH SCHOOL ATHLETIC COACHES' ASSOCIATION; AND BOBBY BOWDEN, HEAD FOOTBALL COACH, FLORIDA STATE UNIVERSITY

Mr. LAWN. Thank you very much.

Madam Chairman, Senator Hatch, it is a pleasure for me to appear here today before this subcommittee to provide you with information about our cooperative undertaking with the National High School Athletic Coaches Association, together with the International Association of Chiefs of Police, the National Football League, the National Football League Players' Association, and the support from the Office of Juvenile Justice of the Department of Justice.

The Drug Enforcement Administration has a vital mandate to bring drug traffickers to justice, to immobilize their organization,

and to seize their financial profits and proceeds. Our challenge is to utilize our resources effectively and in such a way as to make the costs and risks of drug trafficking outweigh the profit. Implicit in our law enforcement mandate is the responsibility to contribute our unique expertise to the drug abuse prevention effort.

As you are aware, over the past 4 years, the Reagan administration has dramatically increased the Federal effort against drug trafficking. In 1981, the Federal Bureau of Investigation was brought into the fight against drug trafficking for the first time. That same year, Federal law was modified in order to bring our military into the fight.

This administration has substantially increased law enforcement resources, most significantly beginning with the addition of approximately 1,200 new investigators and prosecutors for the Organized Crime and Drug Enforcement Task Force Program in late 1982.

Overall, the law enforcement budget has been increased by 20 percent, and drug enforcement has been one of the prime beneficiaries.

In time, through diplomatic initiatives and aggressive investigative efforts, we can reduce the supply of illegal drugs. But we must also focus on the demand aspect of the drug problem, particularly as it relates to our young people. As President Reagan said in a recent speech: "No matter how effective we are against the pushers and drug smugglers, it still comes down to our young people making the right choice—the choice that keeps them free of drugs."

In short, successful law enforcement efforts may substantially reduce the availability of drugs, but the law enforcement community alone will never totally eliminate the supply of drugs. There will be drugs available to be abused so long as the demand exists. We must convince our young people what drugs are doing to their minds and bodies.

The Sports Drug Abuse Awareness Program we have recently launched is designed to do exactly that—to focus on the demand for drugs. Most importantly this program is a joint undertaking involving the teamwork of the Drug Enforcement Administration and the National High School Athletic Coaches Association, with support and participation from the International Association of Chiefs of Police, the National Football League, and the National Football League Players' Association, as well as the Office of Juvenile Justice. This teamwork is what will make this new initiative successful.

Our goal is to prevent drug abuse among school-age youth, with special emphasis on the role of the coach and the student athlete. We want to reach and intend to reach the 48,000 men and women coaches in 20,000 high schools across the country, who can in turn help us reach 5.5 million student athletes. And then we hope there will be a snowballing effect to reach millions of other students who look up to our athletes.

As I mentioned, our first task is to involve the coaches. They are, for the most part, born leaders and have earned respect and loyalty from their athletes. They have contact with more than half of their student bodies. With the help and involvement of the coaches, we

feel that student athletes can be trained to act as role models, using positive peer pressure to dissuade other students from using drugs.

Key elements that we intend to accomplish during the first year of this project include the following: Distribution of a brochure that provides information to coaches on the need for high school prevention programs involving student athletes; distribution of a packet of materials containing an action plan and guidelines on how to start a drug abuse prevention program for student athletes—kits containing both the brochure and the action plan are currently being distributed to every high school coach in the country; DEA presentations and technical assistance for coaches in district clinics nationwide; special agent teams, representing DEA's finest athletes, will be assisted by professional football players at each clinic. Their presentations and assistance will deal with such elements as drug recognition, what signs to look for in determining whether athletes are using drugs, what to do about it, and how to counsel young people with respect to what they are doing to themselves and to their teammates. The brochure and action plan that have been developed for this project represent what we believe is the best thinking currently available on how to combat school drug use and abuse.

In addition to those organizations I mentioned earlier that are participating, we also have under study the involvement of professional baseball, basketball, hockey leagues, as well as colleges and some major national organizations such as the National Federation of Parents for Drug-Free Youth.

The task of teaching the athletes to serve as positive role models will take the dedication and commitment of each person and organization involved throughout the country. As a former high school coach, I am convinced we can achieve positive results.

Our goal is to reduce the level of drug abuse among all Americans, but this program targets our school-age youth, for they are our future. While we have achieved some notable successes in enforcement, there is always a greedy, unscrupulous drug trafficker, waiting to step in behind the one just arrested. Some drug abuse will be with us so long as there are people who want drugs. The venture we have initiated is, I believe, one of the most significant drug abuse prevention strategies that has been devised. The Drug Enforcement Administration is proud to be on this team.

I thank you for inviting me here today and having the opportunity to discuss this program with you. I would be very pleased to answer any questions you may have.

[The prepared statement of Mr. Lawn follows:]

U.S. Department of Justice

Drug Enforcement Administration

Washington, D.C. 20537

STATEMENT

OF

JOHN C. LAWN
ACTING DEPUTY ADMINISTRATOR

DRUG ENFORCEMENT ADMINISTRATION
U.S. DEPARTMENT OF JUSTICE

ON

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BEFORE THE

COMMITTEE ON LABOR & HUMAN RESOURCES
SUBCOMMITTEE ON ALCOHOLISM AND DRUG ABUSE
UNITED STATES SENATE

PAULA HAWKINS, CHAIRMAN

SEPTEMBER 25, 1984

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across the country who can, in turn, help us reach five and one-half million student athletes. And then we hope there will be a snow-balling effect to reach millions of other students who look up to our athletes.

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-- DEA presentations and technical assistance for coaches in district clinics nationwide. Special Agent teams, representing DEA's finest athletes, will be assisted by professional football players at each clinic. Their presentations and assistance will deal with such elements as drug recognition; what signs to look for in determining whether athletes are using drugs; what to do about it and how to counsel young people with respect to what they are doing to themselves and their teammates.

The brochure and action plan that have been developed for this project represent what we believe is the best thinking currently available on how to combat school drug use and abuse. Besides those organizations I mentioned earlier who are participating, we also have under study the involvement of professional baseball, basketball, hockey and colleges, as well as some major national organizations such as the National Federation of Parents for Drug Free Youth.

The task of teaching the athletes to serve as positive role models will take the dedication and commitment of each person and organization involved throughout the country. As a former high school coach, I am convinced we can achieve positive results.

Our goal is to reduce the level of drug abuse among all Americans, but especially among our school-age youth, for they are the future. While we have achieved some notable successes in enforcement, there is always a greedy, unscrupulous drug trafficker waiting to step in behind the one just arrested. Some drug abuse will be with us so long as there are people who want drugs. The venture we have initiated is, I believe, one of the most significant drug abuse prevention strategies that has ever been devised. The Drug Enforcement Administration is proud to be on this team.

I thank you for inviting me here today and having the opportunity to discuss this program with you. I would be pleased to answer any questions you may have.

Thank you.

Senator HAWKINS. Thank you, Mr. Lawn. We will defer questions until after all the witnesses have spoken.

Mr. McDonald.

Mr. MCDONALD. Allow me to bring greetings from the National High School Athletic Coaches Association and our State affiliates. I would like to also, on behalf of the 5.5 million athletes that we work with, boys and girls across America—there are some 18 million high school students involved in this program, that we hope to have involved.

We realize that in dealing with all the sports, boys and girls, we deal again with some 11 million parents. So our thrust is one of prevention. The same enthusiasm that we have as coaches, we hope to put into the program, because most coaches, 90 percent of the coaches in America, also teach classes during the day, and the coaching comes after school. So the impact can be even greater than the 5.5 million athletes. So, if I as a coach have 120 students in my classes today, it is fair to assume I might be able to do the same thing with my classroom students that I will be doing with the athletes.

We will be working with 20,000 high schools. It is an exciting challenge to us. But in getting ready to get into the program and get with it, we have to examine the high school drug problem and its impact on athletes and on the students. The impact of permissive attitudes in mainstream America over the past 25 years is manifest in today's child. The social leisure and escape distractions of the short lifetime of the teenager of the eighties have minimized or negated many positive influences from the home, church, and school. Many of today's teachers, coaches, administrators, lawyers, judges, and politicians matured as students under the cloud of protest, antiestablishment, antimorality, anti-America, antitradition, and antiauthority. It is no mystery that the teenager may have ambivalent feelings or is confused about what is important or is good or bad for his or her body, future role in life, mental health, or self-esteem. Many of the college graduates of the sixties and seventies had some definite reservations about the role of sports in the life of American youth, and as professional people today, may not impart a wholesome attitude toward physical fitness in general and sports participation in particular.

I would like to insert here that, while we are in the midst of a great physical fitness boom—and that is fantastic—we also see the rise in drug abuse on the other end of the spectrum, the two of which I think are not compatible.

So, disinterest in their well-being and good health opens the door to substance and alcohol abuse by many of our youngsters. Nearly everything in the world today says, "Why not?"

Recent surveys indicate that over 50 percent of high school students participate in the broad spectrum of cocurricular activities—athletics, band, drama, clubs, and others. Research also confirms that in some schools, drug and alcohol use involves up to 87 percent of the seniors during the year, and that in one State, alcohol use by student athletes—at least once a year—reached 80 percent, and that use of marijuana involved up to 30 percent of the players using it at least once, boys and girls. These are startling figures.

We may want to examine a variety of reasons why. To us at the high school coaching level, this data strikes home.

Certainly, the mode, magnitude, and manipulation relating to the advertising and the media. The simple campaign of flooding the TV, radio, and print media with ads and commercials which glamorize or machoize the use of beer and wine as the thing to do is compounded with former pro sports coaches, athletes, and entertainers in featured roles. The greatest event to hit America in many, many years with the tremendous positive impact on patriotism was the 1984 Olympics. The element of national unity was outstanding. But it was marred by the incessant commercials of the breweries saluting the athletes, coaches, teams, media, management, and sports, in general. Many millions of youngsters were subtly but unmistakeably being told to "Go for it" 'or "Head for the mountains," or "It is less filling and better tasting." Young minds are most impressionable and therefore, vulnerable. Some of the sports legends, all-time pros, prostitute themselves and their revered status as role models in America for youth by picking up the easy bucks—megabucks, in some cases—for doing the beer commercials. In the past, parents may well have pointed to these former stars as role models for their children and now must repudiate the ex-athlete or coach.

Second, the programming of situation comedy and drama in TV and movies has a dominant theme and steady diet of lifestyles in which drug and alcohol use is treated or implied to be almost normal. Sex and violence are usually the other components of the make-believe scene. Contemporary music with lyrics or titles relating to the various factors in the drug scene are commonplace and a part of current day teenage normalcy.

Third, the availability of drugs and alcohol to the teenage market—and I am saying high school students now—is mind boggling. Any convenience store and many gasoline stations feature cold beer and other alcoholic beverages. Law enforcement reports indicate that drug pushers usually work the teenage hangouts. Pickup trucks, girl or boy friends, sixpacks, and drugs are common campus topics before, during, and after school. Party time, as the TV commercial so blatantly points out, is any time. The presence of alcohol and drugs on campus is not unusual due to the inordinate number of vehicles which the students drive to and from school. Accessible parking lots and other school properties are frequently trespassed by nonschool persons in the absence of any efficient school security plan. Such persons may be student dropouts or young adults who, many times, are related to the drug scene.

A drastic reduction of beer and wine licenses and tougher surveillance of the outlets for those sales to underage youth would be a move in the right direction. Tighter campus security and tougher penalties for trespassers by the courts will add clout to my recommendation.

And probably the strongest and fourth point I would like to make here is peer group pressure. Whether it is real or imagined, peer group pressure poses an insurmountable challenge to many young athletes in their struggle to deal with the drug and alcohol problem. Boy and girl athletes are reluctant to buck the crowd when they find themselves in the middle of party time. This one

fact probably accounts for the extremely high percentage, 87 percent, of high school youth who used alcohol at least once a year in that particular State. The lack of personal courage to buck the crowd will ultimately lead the student athlete into the drug scene, providing the usual components are present.

Next, I would like to address idle time and lack of parental supervision, for whatever reason, are factors which can initiate a set of circumstances leading to drug or alcohol abuse. Working parents or single parents with school-age children who have extended periods of time without responsible supervision are fair game for a drug and alcohol problem waiting to happen—especially if the parents store or consume alcohol and/or drugs on the premises. Home conditions with stress and conflict breed feelings of rejection and subsequent search for escape by the teenager from the pain and anguish of the day-to-day struggle. Such is the fertile soil for another drug and alcohol abuser.

Similar conditions can arise in the young student-athlete who may not be able to meet his or her immediate or short-range objectives for participation. Failure to make the first team or travelling squad or the varsity team can be an earth-shaking introduction of the youngster to the real world. His or her perception of credibility with the peer group or family may be shattered. Escape by whatever means might seem logical to the youth would be the thing to do. Conditions at any particular time with a given set of circumstances can create a formidable barrier for the young athlete. Classroom assignments or tests, spats with close friends or girlfriends or boyfriends, team practice, and family activities create a great demand on the youngster for good time management and a setting of priorities in terms of his or her own goals. The physical demands of sports lead to body fatigue, which demand adequate rest and diet. Natural athletes may overcome occasional drug or alcohol abuse with exceptional ability for a limited period of time. As the problem worsens and begins to take its toll in the classroom, the athletic field and the family, the athlete and his or her own problem becomes obvious to their peers, coaches, and teachers. Unfortunately, many times, the parents and coaches may be the last to diagnose the problem.

A final reason may well be a combination of all the aforementioned and be titled, "Confusion on moral values." The advent of the "me" generation has subordinated the "we" generation. Slogans like "If it is right for me, it is okay" or "I am numero uno" are portends of self-interest and self-gratification instead of self-sacrifice.

What can be done? I am going to throw out some suggestions here to the committee.

A required drug abuse prevention program for all youngsters and teachers, in all schools; that parents be required to attend a drug abuse prevention session as part of the enrollment process in a school—if that is first grade, good; we would like to know that the parent thoroughly understands the implications of what might happen or may happen or could happen to their child in any given school situation. Of course, we agree totally with increasing the drinking age to 21. The rationale there is if it is a little harder to

get, then less will drink it. The same thing goes, of course, with other drugs.

Remove all beer and wine advertising from TV and radio.

If we can declare smoking to be not good for our health, there are good and just reasons in the statistics of accidents, thefts leading from misuse or abuse of alcohol and drugs, that we can certainly remove that from TV and radio.

Restrictions or limitations on the number of beer and wine retail outlets. I have already mentioned this. This could be a tremendous help.

Stronger prison penalties for drug dealers, producers, and pushers. And my colleague here has addressed that.

A program to create a greater awareness among pro and college athletes and coaches as to their role model responsibility to young persons.

Stricter regulations by school boards and administrators in dealing with drug and alcohol abuse problems involving students and teachers.

We also suggest intensive publicity campaigns by the media, government at all levels, all sports groups, and the medical community, all the way down to the family doctor, to spotlight the positive values of abstinence or moderation in the use of drugs and alcohol.

We would also suggest carefully planned and articulated programs of instruction from kindergarten through the 12th grade on the dangers of drug and alcohol abuse and the very positive values of fitness and good health.

My last suggestion on this would be that all juvenile counselors be located on school campuses—this is something we have to get into the judicial aspects, but I have got to believe that if juvenile counselors are going to serve the young people of America, they have got to be where they are, because the kids then can go down the hall or to another building on campus and get help, which basically, we want juvenile counselors to help them, anyway. This is something I think is very important. It has some implications, of course, for all branches of government. But it is something that I really think is important, and looking at it as a former high school administrator, former high school coach, math teacher, dean of students.

What the high school coaches and athletes are doing has been mentioned here by my colleague in DEA, Mr. Lawn. But I want to point out that it is an opportunity for coaches to work first with athletes and second, to counsel with the students in their classrooms. The simple amalgamation of effort between the chiefs of police, the DEA, the professional league, NFL—and we hope to have all the other pro leagues and colleges onboard—certainly creates a priority for us at the high school level. The high school coaches with special training from our training programs, and the necessary cooperation from the school administration, can impact on their own student body. I want to reemphasize—with cooperation from the school administration, the school districts, of which there are 10,000 in America, and these people hold very key roles—the leadership at the school district level are very key people.

More importantly, they can be very effective in extending the program down to the junior high and elementary schools, through

carefully planned programs presented in the classroom. I think the day is past where the great assembly programs for presentation of information to students is much better now that we plan to do it in the classroom. The small group, hands-on environment of the classroom lends itself to the inherent interests of the preteens in athletics and physical activities. The coaches and athletes will be asked to work in their feeder schools after programs are initiated in the high schools.

What if each of the 100,000 college athletes and the 5,000 professional players with a thorough understanding of their role, participated in a drug prevention program at any three junior high or elementary schools? Just take each of those people, and they can choose around the country, play the numbers game, and have them, with some understanding of their role, and some orientation as to what they are supposed to do and how to get into every junior high and elementary school in America. The impact would be unbelievable.

By working with the high school people and administrators, the preventive value would be incalculable. All of us must be reminded that no one segment of the teenage scene can make it happen without the other segments carrying their fair share of the load. The enthusiastic participation of groups like the National Federation of Parents for Drug-Free Youth, the PTA, the American Association of School Administrators, the National Association of Secondary School Principals, the National School Board Association—all of these will be a dominant factor in the articulation and ultimate success of the Drug and Alcohol Abuse Prevention Program down to the grassroots, where it is so badly needed.

We commend your committee for its genuine concern about the safety and welfare of American youth. We appreciate this forum to present the views of high school coaches, who play such a major role in the school life of so many boys and girls.

The war on drug and alcohol abuse is worthy of the best efforts of all interested persons and groups. The enemy is vicious and devious. Commitment, cooperation, and clout from all of us will assure a happier, healthier, and more harmonious America tomorrow.

I would be glad to answer any questions you may have.

Senator HAWKINS. Thank you for your very thoughtful and thought-provoking testimony.

[The prepared statement of Mr. McDonald follows:]

STATEMENT FOR U.S. SENATE SUB-COMMITTEE HEARING.....SEPTEMBER 25, 1984

GREETINGS FROM THE NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION, its state coaches association affiliates, and its 50,000 members! It is a real pleasure to have this opportunity to place a very serious problem in the national spotlight at a level which encompasses 18 million boys and girls .....including five and one half million athletes. Many more millions of youngsters attend junior high and grade schools across the USA. Prep sports and varsity programs play vital roles in the campus life at some twenty-thousand (20,000) high schools.

THE DRUG AND ALCOHOL AEUSE PROBLEM IN THE AMERICAN SOCIETY.....The impact of permissive attitudes in mainstream America over the past twenty five years is manifest in today's child! The social, leisure, and "escape" distractions during the short lifetime of the teenager of the Eighties have minimized or negated many positive influences from the home, church, and school. Many of today's teachers, coaches, administrators, lawyers, judges, and politicians matured as students under the cloud of protest, anti-establishment, anti-morality, anti-America, anti-tradition, and anti-authority. It is no mystery that the teenager may have ambivalent feelings or is confused about what is important or is good or bad for his or her body, future role in life, mental health, or self-esteem. Many of the college graduates of the Sixties or Seventies had some definite reservations about the role of sports in the life of American youth.....and as professional people today may not impart a wholesome attitude toward physical fitness in general and sports participation in particular. So disinterest in their well-being and good health opens the door to substance or alcohol abuse by many of our youngsters. Nearly every thing in the world says,

"Why not!"

Recent surveys indicate that over fifty percent of high school students participate in the broad spectrum of co-curricular school activities..... athletics, band, drama, clubs, and others. Research also confirms that in some schools drug and alcohol use involves up to 87% of the seniors during the year.....and that in one state the alcohol use by student-athletes (at least once a year) reached 80%.....and that use of marijuana involved up to 30% of the players.....boys and girls. Startling figures, Yes!!! Surprising stats, No!!

WHY IS THE "DRUGS IN SPORTS" PROBLEM REACHING SUCH WILD PROPORTIONS??????
Let's examine a variety of reasons why!

1) Certainly, the mode, magnitude, and manipulation relating to the advertising and the media. The simple campaign of flooding the TV, radio, and print media with ads and commericals which glamorize or "Macho-ize" the use of beer and wine as "the thing to do" is compounded with former pro sports coaches, athletes, and entertainers in featured roles. The greatest event to hit America in many, many years with the tremendous positive impact on patriotism and national unity.....the 1984 Olympics in Los Angeles.....was marred by the incessant commercials of the breweries saluting the athletes, coaches, teams, media, management, and sports. Many millions of youngsters were subtly but unmistakeably being told to "Go for it" or "Head for the Mountains" or "It's less filling or better tasting"!!! Young minds are most impressionable and, therefore, vulnerable. Some of the "sports legends"...all-time pros...prostitute themselves

and their revered status as role models for youth by picking up the easy bucks...megabucks in some cases...for doing the beer commercials. In the past, parents may well have pointed to these former stars as role models for their children, and now, must repudiate the ex-athlete or coach.

2) The programming of situation comedy and drama in TV and movies has a dominant theme and steady diet of lifestyles in which drug and alcohol use is treated as or implied to be almost normal. Sex and violence are usually the other components of the "make-believe" drug scene. Contemporary music with lyrics or titles relating to the various factors in the drug scene are common place and a part of current day teenage normalcy.

3) The availability of drugs and alcohol to the teenage market is mind-boggling. Any convenience store and many gasoline stations feature cold beer and other alcoholic beverages. Law enforcement reports indicate that drug pushers usually work the teenage hangouts. Pickup trucks, girl or boy friends, six-packs, and drugs are campus topics...before, during, and after school. "Party time," as the TV commercial so blatantly points out, is "anytime!" The presence of alcohol and drugs on campus is not unusual due to the inordinate number of vehicles which the students drive to and from school. Accessible parking lots and other school properties are frequently trespassed by non-school persons in the absence of any efficient school security plan. Such persons may be student dropouts or young adults who, many times, are related to the drug scene.

A drastic reduction of beer and wine licenses and tougher surveillance of the outlets re sales to underage youth would be a move in the right direction. Tighter campus security and tougher penalties for trespassers by the courts will add clout to the first recommendation.

4) Peer group pressure...whether real or imagined...poses an insurmountable challenge to many young athletes in their struggle to deal with the drug and alcohol problem. Boy and girl athletes are reluctant to "buck the crowd" when they find themselves in the middle of "party-time". This one fact probably accounts for the extremely high percentage (87%) of high school youth who used alcohol at least once a year. The lack of personal courage to "buck the crowd" will ultimately lead the student-athlete into the drug scene provided the usual components are present.

5) Idle time and lack of parental supervision for whatever reason are factors which can initiate a set of circumstances leading to drug or alcohol abuse. Working parents or single parents with school-age children who have extended periods without responsible supervision are fair game for a drug and alcohol problem waiting to happen..... especially if the parent(s) store and/or consume alcohol and/or drugs on the premises. Home conditions with stress and conflict breed feelings of rejection and subsequent search for "escape" by the teenager from the pain and anguish of the day-to-day struggle. Such is the fertile soil for another drug and alcohol abuser. Similar conditions can arise in the young student-athlete who may not be able to meet his or her immediate or short range objectives in sports

participation. Failure to make the first team or traveling squad or the varsity team can be an earth-shaking introduction of the youngster to the real world!!! His or her perception of credibility with the peer group or family may be shattered. "Escape" by whatever means might seem logical to the youth. Conditions at any particular time with a given set of circumstances can create a formidable barrier for the young athlete. Classroom assignments or tests, "spats" with close friends or dates, team practice, and family activities create a great demand on the youngster for good time management and a setting of priorities in terms of his or her own goals. The physical demands of sports lead to body fatigue which demands adequate rest and diet. Natural athletes may overcome occasional drug or alcohol abuse with exceptional ability for a limited period of time. As the problem worsens and begins to take its toll in the classroom, the athletic arena, and the family, the athlete and his or her problem becomes obvious to their peers, coaches, and teachers. Unfortunately, many times the parents and coaches may be the last to diagnose the problem.

6) A final reason may well be a combination of all the aforementioned and be titled....."Confusion on Moral Values". The advent of the "Me" generation has subordinated the "We" generation. Slogans like "If it's right for ME, it's O.K." or "I am Numero UNO!".....are portends of self-interest and self-gratification instead of self-sacrifice.

WHAT CAN BE DONE TO DEAL WITH THE DRUG AND ALCOHOL ABUSE IN HIGH SCHOOLS?

-- Required Drug Abuse Prevention Programs for youngters and teachers.

-- Parents be required to attend Drug Prevention session(s) as part of enrollment.

-- Increase drinking age to 21.

-- Remove all beer and wine advertising from TV, radio, and print media.

-- Restrictions or limitations on the number of beer and wine retail outlets.

-- Stronger prison penalties for drug dealers, producers, and pushers.

-- Program to create a greater awareness among pro athletes and coaches as to their "role model" responsibility to young persons.

-- Stricter regulations by school boards and administrators in dealing with Drug and Alcohol Abuse problems involving students and teachers.

-- Intensive publicity campaign by media, government at all levels, all sports groups, and the medical community to spotlight the positive values of abstinence or moderation in the use of drugs and alcohol.

-- Carefully planned and articulated programs of instruction from kindergarten through the twelfth grade on the dangers of drug and alcohol abuse and the values of fitness and good health.

-- All juvenile counselors be located on school campuses.

WHAT THE HIGH SCHOOL COACHES AND ATHLETES ARE DOING TO ASSIST IN THE DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM!!!!! The Drug Enforcement Administration and the National High School Athletic Coaches Association are working with all interested national groups in a long-range program to educate teenagers on the dangers of drug or alcohol abuse. It is an opportunity for the teacher-coaches to work first with their athletes and secondly to counsel with the students in their classrooms. The coach has demonstrated leadership qualities in his or her job. DEA in cooperation with the Chiefs of Police, the NFL, and the NFL Players Association are working with the high school coaches organizations at state and national levels to generate a grass-roots thrust to place prevention

as the priority over the long term. The high school coaches and athletes, with special training from DEA/National Association programs and the necessary cooperation from the school administration, can impact on their own student body. More importantly, they can be very effective in extending the Drug and Alcohol Abuse Prevention Program down to the junior high and elementary schools..... through carefully planned programs presented IN THE CLASSROOM. The small-group, hands-on environment in the classroom lends itself to the inherent interest of the pre-teens in athletics and physical activities. The coaches and athletes will be asked to work in their feeder schools after programs are initiated in the high schools. Just imagine the impact of the support and the availability of professional and college athletes to augment the high school effort. What if each of the 100,000 college athletes and the 5,000 professional players with a thorough understanding of their role participated in a drug prevention program at any three junior high or elementary schools of their choice across America!!! Let's just play a numbers game! By working with the high school people and administrators, the preventive value would be incalculable. All of us must be reminded that no one segment of the teenage scene can make it happen without other segments carrying their fair share of the load. The enthusiastic participation of groups like the National Federation of Parents for Drug-Free Youth, the PTA, the American Association of School Administrators, the National Association of Secondary School Principals, the colleges and pro leagues, and other related organizations will be a dominant factor in the articulation and ultimate success of the drug and alcohol abuse prevention program.

We commend your sub-committee for its genuine concern about the safety and welfare of the American youth. We appreciate this forum to present the views

of high school coaches who play such a major role in the school life of so many boys and girls. The war on drug and alcohol abuse is worthy of the best efforts of all interested persons and groups. The enemy is vicious and devious. Commitment, cooperation, and clout from all of us today will assure a happier, healthier, and more harmonious America tomorrow!

Do you have any questions at this time?.....

.....Thank you very much!

By- Carey E. McDonald, Executive Director
National High School Athletic Coacher Association
3423 E. Silver Springs Blvd.
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Senator HAWKINS. Coach Bowden, we welcome you here.

Mr. BOWDEN. Thank you, Senator.

First, let me say I am thankful for what these people are doing here, because any problem like this, the earlier we can start off educating these young people, the easier it is going to make it at the top.

We have three levels—we have professional, we have college, and the high school level and on down. And I think the problem is a little different in each one of them, and of course, I am talking about the college level. It is just like education. We get these young football players that come to Florida State. If they have attended good high schools and gotten a good background, they will do well in college. If they have been given grades, or if they have gotten a poor education, they will get into college, and they will flunk out. The same thing with the drug problem we have nowadays. If we can get it to them young, and they are educated into it, I think we can whip it.

Let me say this. Let's look at it from my standpoint. I am a football coach at Florida State University. Why am I concerned about drugs outside of college and athletics? No. 1, for a boy to be a good athlete, he has got to have a competitive instinct about him. We have boys who are very competitive for some reason or another, and then, boys who have great reflexes, and that will usually be your best athlete. Drug abuse and alcohol abuse destroy both of them. So you can see why we coaches are concerned—and that is not even considering the moral aspect, which is even greater.

Anyway, here is what we are trying to do about it at Florida State. No. 1, we do not see a big problem. In other words, I haven't got 50 kids dragging into practice and I can tell they are smoked up—I cannot spot that. But all the college coaches, we are all afraid it is there. We know that behind the scenes, something is working. And here is what we are trying to do at Florida State. No. 1, we are trying to head it off. This summer, through our athletic director, Mr. Ingram, and our president, Dr. Bernard Sliger, we decided we would start testing athletes on drugs. There are four or five colleges that have already started this, so it is new to us; we have not done it yet, but we are fixing to, as soon as we can get the equipment. So, the approach we took was that I would write each player, give him about 4 or 5 weeks' warning that we are going to test them when they come in for practice, and that when you take this test, it will tell us up to a certain amount of time if you have had any drugs. And naturally, you wonder about what the reaction is going to be on it. I wrote every player and tried to tell them why we were going to do it. No. 1, I am not trying to catch you. I am doing it to try to help you. to try to help our team. And I also wrote the parents and said if you have any input you would like to put in this, please do so. And the only letters I got back were from parents saying, "Oh, it is about time; I am glad you are." I did not get any negatives. And of course, the question is asked, well, what will you do if a boy refuses to do it. Well, I don't guess I would do anything, but I think I would have an idea about something.

But anyway, we are going to test our athletes as soon as we can.

Now, several years ago, if I had approached this thing, my response would be, "We are going to kick you off our team." In fact,

that is one of our training rules now, a training rule we have had at Florida State since I have been there, which is 9 years—if you are caught and it is proven that you are involved in drugs, you are off the football team. But I have changed that now. If we test you, and you are caught, we are going to try to help you. That is the approach we are taking. And if I were to test all of my athletes, and one of them does prove positive, then, No. 1, nobody would know that but myself and our trainer, and I would try to help him if he has a problem. But then, when I retested him later, it would be disciplinary action by our staff.

But anyway, what are we trying to do with this? I think deterrence is the No. 1 thing. If I can just scare them out of it you know, that is the big thing. If they know that they are going to get caught, I think it will help them. And I guess that is 80 percent of why we would test; he knows he is fixing to get caught by us. And then, the second thing, I think peer pressure is a great thing—you mentioned it. Young people—and you and I are the same way, as we have come up—it is what our peers are doing, it is what our peers are doing. And I am hoping that these football players, if we test them, when they are around their fraternities and their—well, they are not around their sororities—they might be around a sorority, but I hope I haven't got any that are in sororities, otherwise we might have to test some other way—but anyway, if they are tempted, I would hope that maybe they would have a good excuse not to, because they know that we might test. But anyway, that is our thinking on it. Then, let us say that I did have a player who has come up two times with it. Then my response would be to get him to some medical or psychiatric or spiritual help in some way.

Now, to me, what we need to do on the college scene—and I do not know of a football coach in the United States of America who would not be willing to go into this thing full speed, trying to head this thing off. As I say, it is killing our ball clubs—excuse me, it will kill our ball players—if they lose this instinctive competitiveness they have and these reflexes. So we have got to educate first. That is why I am glad you are doing what you are doing. That is a starting place. And then, coaches and players have got to assume a more responsible position themselves in their own conduct, because I know when I was coming up, I was a hero worshipper, and I still am, of a great athlete and great coaches and stars, and I know these young people are, and I know they are looking to the coaches, and I know they are looking to these great athletes to set the example for them.

Anyway, that is the way we are approaching it at Florida State, and it is kind of vague what I said, but you might want to ask some questions later on about it.

Thank you.

Senator HAWKINS. Thank you, Coach. You have been a great example yourself, I must say, in our community and in our State.

Mr. Lawn, isn't alcohol still the No. 1 substance of abuse?

Mr. LAWN. Yes, Senator, it is. And the issue that Carey McDonald brought up is a real one; that is, the issue of television. Studies have shown that the high school graduating senior in June 1984, theoretically, will have spent about 12,000 hours in an academic setting. That same individual would have spent about 16,000 hours

before the television. Recent studies indicate that one out of five television commercials that our youth look at have to do with putting something in your body to feel better, whether it be some of the beverages that Mr. McDonald talked about, or some medication for headache, or what-have-you—these are the kinds of things that are most troublesome.

Senator HAWKINS. You heard Mr. McDonald state that it is disappointing to him and to others to see revered sports figures doing alcohol commercials on television, over and over. We get a lot of mail on that from parents addressed to this committee, saying the same thing Mr. McDonald did, that they do not understand why they removed tobacco advertisements and replaced them with alcohol ads. Twenty percent of all advertising income on television is from alcohol. That is a big number. And yet, we are talking about having positive role models. I am sure that we could have the same athletes who are so admired and well-recognized advertise something else. I see that coaches here in Washington, and in my State and other places, are advertising other products, and I appreciate that the coaches do not advertise alcohol. It seems to me that there could be some education program that we talk about through the DEA. We have had hearings on role models and television and its effect on young people, and all of the television stars say, you know, of course, we affect kids' behavior, and most of our witnesses belonged to Alcoholics Anonymous and want to change the lifestyle of the young people. I think that that is something that should be addressed; we all know the reason is monetary reward. I believe, as Coach Bowden has said, that there is a deep responsibility in being a hero today. We have a hero worshipping society. We are getting fewer and fewer to worship, it looks like. And it just seems to me that some direction should be provided by the Drug Enforcement Agency. What is your responsibility? I know we have the Teenage Alcohol Hot Line, and Family Circle is paying for an 800 number, and the first question they ask you when you call in for help for your child, whom you think is having problems with alcohol, is: "What kind of a role model are you as a parent?" Then, they ask you six questions, which sort of takes the parents back. They are calling in for help for their children, and in turn, they are saying, let us look at their No. 1 role models, their mother and father.

I think that as a profession, we are going to have to design some materials, or make these sports stars realize that they have a deep responsibility to the next generation, or it will ruin the profession, as Coach Bowden has said.

Mr. Lawn, we are aware of the four major professional sports leagues in the United States establishing drug prevention and education programs. Are you aware of those different programs?

Mr. LAWN. Yes, I am.

Senator HAWKINS. How do they differ, if at all?

Mr. LAWN. I have spoken with representatives of the leagues about their individual programs, and while they have things in common, I guess the single thread through each of the professional leagues is that of confidentiality; a player can represent to an individual in the league or his team that he is involved in some type of abuse. At that time, because he faced the issue himself, the team will put the individual in some type of program and give that indi-

vidual a second chance. I think that is a constant thread through each of the professional leagues.

Senator HAWKINS. Mr. McDonald, you spoke about security in and around the school. Clearly, it is ineffective. We have passed a law here that said no one can sell drugs within 1,000 feet of a school, for instance, but it does not prohibit former students cruising through, as you mentioned, that is very disruptive to the educational process.

Mr. MCDONALD. Right.

Senator HAWKINS. What recommendation do you have to school administrators for enhancing school security, without making it a prison?

Mr. MCDONALD. This is a school district concern to the point that, regardless of whether it is an elementary school or junior high, just a simple spread of space, which may be adjacent either to a busy thoroughfare or to a neighborhood area or, in the case of an urban situation, is landlocked completely. I have visited schools where they have the hurricane fences, two hurricane fences and dogs in between, this type thing, and uniformed guards. But I think that probably, the key factor in this problem may be for a school district to specifically address the problem—and there is a money problem involved, and schools have problems with money, and athletics has problems with money—but essentially, the matter of security of the campus, of the parking lots, is not simple, unless they are going to put fences around all campuses, which is not financially feasible, probably, under the budget crunch of today.

But I would suggest a greater awareness of their responsibility and a greater concern by parents about the problem, because certainlv, if the parking lot and the campus is accessible just by merely walking on it and walking off, that then puts us in danger of these people, the nonschool people, being on campus lunch hour, preschool, or even during school, unless there is a specific plan for security by each individual school district.

Senator HAWKINS. Well, from personal experience, it seems they have enough security to give a kid a ticket if he does not park in the right place. I can tell you it is very expensive for us to send our kids to school, with the number of tickets they get. It seems to me they have a biased sense of security by ticketing the kids where they park their automobiles—and I admit, the kids have too many cars, and that is one of the problems today, and not enough parking places, so they drive up any old place—but they do have enough security to give a ticket and put it on the windshield at all universities, and it seems to me that maybe there should be some training of the security, campus police, who over the years have been used to just ticketing the kids, to be more observant of what is going on. Maybe that is not their responsibility today, but they could be trained to absorb that responsibility, since they are patrolling the campus constantly.

Mr. MCDONALD. Most school administrators will know if they have a problem. The school location is such an important factor in this concern, and if the school is located where it is accessible to people easily, then I think that school has a problem. Schools that are located in rural areas, with big campus, might not have the

problem, because it is easy to observe and see these people as they come on campus or leave.

Senator HAWKINS. I will ask this of any member of the panel. What is your opinion of the surprise testing of athletes for drugs in their systems, when they do not know what day you are going to test? Mr. Lawn, I am sure you favor that.

Mr. LAWN. Personally, and as a former coach, I certainly would favor that. It would be, however, a question outside the realm of the Drug Enforcement Administration to come up with a policy in that regard.

Senator HAWKINS. Coach Bowden.

Mr. BOWDEN. Well, naturally, we are for it. And of course, what I wish would happen would be that the NCAA would get behind this thing pretty good and recommend it pretty good to all of our coaches.

I really do not know of any coach who would not want to see this done. I am sure some may worry about repercussions in some parts of the country, you know. But if the NCAA would take a firm stand on it and push it—which I kind of get the feeling they are—then I think it would be good. And again, the key to it, to be able to do it and get away with it, is that you impress these kids that you are trying to help them, not catch them. But I have not seen a parent yet who would be against it.

Mr. MCDONALD. In the high school level, we have to deal with policies for 10,000 different school districts, and each one of them has their own set of policies, and the size of the school board, the constituency of the school board, and where the school or school district is located—yes, I would support totally, if it comes to that problem of having drug testing at the high school level, and working on it from a positive basis, so the parents, the media and everybody understands, the community, and most of all, the youngster, that you are there to help, period.

Senator HAWKINS. I will ask this of both Mr. McDonald and Coach Bowden. Do the team physicians play much of a role in drug abuse prevention?

Mr. BOWDEN. Our team physicians and our trainers—we have two full-time trainers and we have two physicians who are with us all the time—and they give us all the input we can get. They stay in it pretty good and recommend to us, and we will be involved in our testing—and it will be done in such a way that nobody knows whose came out positive or negative, by the way, except me and the trainer who checks it will tell me—and yes, they are deeply involved. And I will say this, the whole community in Tallahassee is involved, because the attorney general comes in and talks to them, about drug abuse; we have a prominent judge there come in and talk to them, we have a criminology school there, where there are plenty of men in that department, and we really try to educate our players on it. But it is not always foolproof, as you know.

Senator HAWKINS. What about you, Mr. McDonald, since you are providing the students to Coach Bowden?

Mr. MCDONALD. One of our real problems at the high school sports level is the availability of team physicians——

Senator HAWKINS. Do they still volunteer from the community?

Mr. McDONALD. They are still volunteers in 99 percent of the places around the country—and there are actually places where there is not a doctor within the school district, residing. But the problem—we really need to approach our high school problem and the problem of junior high and elementary students, I would think, through a group like the American Medical Association, the pediatric section—if we could convince each family physician to take a few minutes, particularly as the kids are beginning to enter elementary, or even any time, and counsel with the parent—if they could just take 2 minutes—to help us where we do not have availability of physicians to work directly on campus, on the sidelines—because they are not there, they are just not available, in many cases. In most cases, at high school games, they will be on the sidelines or on the basketball floor. And they are hardly ever available in other sports, very, very seldom.

So the matter of some counseling advice has to be on a one-shot deal—in the fall, for football, or in the winter, for basketball, you ask the physician to come in and talk to these young people. But as badly as we need it, I really think the impact of each family physician, if he or she will just give 5 minutes of his time and counsel the parent and the youngster about this thing of drug and alcohol abuse, I think it would be fantastic.

Senator HAWKINS. According to the most recent national Roper poll, the No. 1 issue of concern to all Americans is drug abuse and crime. Now, this is the first time ever that economic issues, such as inflation and unemployment, have been displaced by a social concern. And I am just wondering, from Coach Bowden and Mr. McDonald, is this reflected in the parents you talk to? Is that their No. 1 concern?

Mr. McDONALD. Yes, as far as the teenage scene, as to where is your son or daughter tonight, or where is your mother and father tonight, whatever the case might be—the situation is so relevant to the current day problem that if we can get—I think one begets the other. The situation where young people are pushing drugs, or some older person will go in and buy beer or wine for the underage kids—all this unfortunately is tied together, and that then filters down into the school discipline program, and then ultimately into the juvenile courts, because the impact of violence, or burglary, or all these points among teenage, school-age people, I think certainly has strong implications to the drug scene.

Senator HAWKINS. Thank you.

Coach Bowden, do you have the same reflection from the parent?

Mr. BOWDEN. No. To be honest with you, I do not get into it with the parents that much. He does at that level, but I see them on Saturdays, they come to the games, and yell, and cheer, and boo. But we do not get into the drug subject much, except through the mail, me writing to them and telling them what we are doing.

Senator HAWKINS. But you did get a good response to your letters when you wrote them?

Mr. BOWDEN. Every response I had from the parents this summer was positive. Now, I did not get that many returns, but no return was a good return to me. But the ones I did get were mothers, saying, "I am glad you are doing it," and that was encouraging to me, because I gave them all an opportunity to say: "Don't do it,"

or "We don't like what you are doing to our son," and I did not get any response like that.

Senator HAWKINS. Senator Hatch.

The CHAIRMAN. I just want to compliment Senator Hawkins again for the questions she has asked, and I really want to compliment the three of you. I think your testimony has been very beneficial, you as the Government's expert, and you two as the experts in athletics. Mr. McDonald, you really covered that subject very, very well, and I just want you to know, Coach, we think you are causing quite a bit of disruption in this country right now with some of the wins that you have recently had.

But we appreciate having you here. This hearing means a lot, I think, to the country as a whole, and we know it has been an effort on your part, and we appreciate your being here.

Senator HAWKINS. We thank all of you for coming.

The next panel will consist of Mr. Eugene Morris, the former Miami Dolphin running back. Mr. Morris was a hero to millions before falling victim to drug abuse.

"Mercury," we want to welcome you here today.

Mr. MORRIS. Thank you, Senator Hawkins.

Senator HAWKINS. Mr. Morris was a hero to millions of Americans before falling victim to drug abuse. We are grateful that he is willing to come here today and be with us to tell his story, to see what we can find that will help with this tremendous problem that is invading the United States.

I welcome you, I applaud your bravery, and we would like to listen to your story, please.

STATEMENT OF EUGENE "MERCURY" MORRIS, FORMER MIAMI DOLPHIN

Mr. MORRIS. Thank you.

I want to thank Senator Hawkins and this committee for the opportunity to shed some light on the problem of drug abuse in America.

I feel very strong about helping to find a viable solution which would bring about a change in our self-destructive social habits of today's society. I would like to take a few minutes to relate to you my feelings as a person and as a prisoner. The only way "Mercury" Morris can be heard and to help anyone is to be heard.

I readily admit my involvement with drugs, specifically cocaine, both as a user and as an abuser, but never during my active professional career. I also feel compelled to inform you that the scenario involving my arrest, conviction, and multiple sentence was contrived completely by the State's attorney's office of Dade County, FL. This conspiracy started with an unreliable confidential informant who was paid a total of $400 of the taxpayers' money to the prosecutor who circumvented the truth in order to gain a conviction, all the way up to the trial judge, who refused to allow due process of law.

It is my hope that one day equal justice under law will have a true and consistent meaning. Law and order legislation must yield to the constitutional rights of every individual in America, which is

our only failsafe as citizens, whether he be a John DeLorean or a Eugene Morris.

At this time, I will answer any and all questions that will help shed light on the much needed problem in America that we as Americans, regardless of our political views, must address ourselves to, for in this day, we as people, if we are not part of the solution, then we are part of the problem. We must also decide not only where we stand, but what we stand for. And in this election year, whatever our motives may be, let them stand for what is good, let them stand for what is fair, and let them stand for what is just.

I thank you for that statement, and my family thanks you.

I want to talk first about the aspect of drug involvement of people in Miami. We have to start at a nucleus somewhere, and Miami being the mecca of all types of drugs, but particularly cocaine, marijuana, and other illegal drugs, this place is the type of place that you really cannot say it is clean of drugs or will be clean of drugs. I believe that the problem will always exist there, as far as drugs coming into this country. So we have to address the problem from a different angle. And that is, a drug problem is not really a true consensus of what you have when you do have a problem. It is a people problem; it is a social problem; it is a society problem. It is a problem that most people do not get involved in when they are doing good. When they are doing good, they find themselves being happy, loving life. But there is another end of the involvement with drugs, which is to bring a person who is not ready, really, for society to come about in terms of jobs and assignments and what-not. When I played football, I can tell you that drugs were not a prevalent thing then. But I came from a different era.

In 1969, I started in professional football, and I was through in 1976. If you take a look at statistics in society, you will see that drug involvement, when it was high in society, it was high in sports. And it is climbing tremendously right now.

The main purpose, I think, of drug rehabilitation is one that awareness, and education, and understanding must be the focal point for anybody's involvement, whether you have any actual knowledge of drug use itself, or whether you have been like me and gone through this horrendous journey—but the good thing about it is that there is life after drugs. I know that sometimes, it seems like there are so many problems in terms of abuse, there are so many staircases that we all must go up to try and find out what is happening there, because we are all down at a level where we feel everybody is making sense.

The people who import drugs need to be punished—there is no doubt about that, they need to be punished. But you have to look at how many Americans today are in prisons, in jails, and institutions. These are professional people as well as just lay people. All of this involvement comes from the fact that it has been glamorized. It has been glamorized by usage, it has been glamorized by the media, and a lot of other pretentious avenues that glamorization of cocaine, or of quaaludes, or of certain things in this society where we have to have a quick fix, we are used to it. If you look on

television, all you see is drugs this, take this to feel better, take this to calm down, take this to get up in the morning.

They have a drug called Cope that you can buy, all right? Now, that Cope is the same thing you take cocaine for, only the difference is you cannot cope, so you take this drug, and you think you are coping, but you actually are not. It is something you can buy in the store, readily, as a drug sold over the counter, but there is a different aspect of the type of drugs that you find in the nooks and crannies of the ghettos, in the chambers of professional people, in the locker rooms. This drug itself cannot hurt you, but the stigma of drugs is what really hurts people. The adventure of drugs is what really hurts people. The people who are involved in drugs right now are people who are hiding from something. I know when I went through my stint with drugs for about 3 or 4 years, I supplemented my life with drugs as an escape. I found no real comfort in my life, regardless of the fact that I had a wife and three kids, which I do now. I think that the life after drugs aspect is something that I look to as something that I am glad I am alive, and I am glad I can sit here and say that I am a clean person right now.

Senator HAWKINS. Thank you, "Mercury."

Numerous studies have shown that the attraction of cocaine is so powerful that when they do a study on mice or monkeys with cocaine, that these animals will forgo food, water, everything, and run back to the cocaine.

Is that how strong the attraction is once you get on cocaine?

Mr. MORRIS. Well, I do not really think that I can parallel a laboratory animal with a person, because we have the power to reason, and I do not really know if they have gotten to that point. But the psychological addiction is what is the attraction. You go without food because that is one of the stigmas that if you involve yourself with drugs, you know that is going to happen; you are going to go without food, you are going to go without water, you are really going to go without any logic involving decisionmaking processes, and basically, you are going to go without the necessity of understanding that every day is a responsibility, that you have to get up, and know that somewhere in your life, you have got to be responsible for something. And drugs is a sure bet to make you feel like you do not have any responsibilities at all.

Senator HAWKINS. In your experience, even though you said you were not on drugs while you were playing ball, can an athlete play an entire game once he is under the influence of drugs?

Mr. MORRIS. Once again, as I said before, in my era—and our record speaks for itself and my record speaks for itself, also—I cannot visualize anybody today, even though I know it goes on, and I have read accounts where it has gone on, where baseball players have run, in between innings, to find a coke vial and take a snort or take a hit of cocaine—I really do not see how that does any good, because it is a placebo-type effect. It does not do anything for you in actuality, but what it does is for you mind, it makes you think that you are actually performing better, when you are really not.

Senator HAWKINS. I have heard it asserted—and you don't have to answer this—that some coaches look the other way as long as the player is performing well.

Mr. MORRIS. No. That is a definite fallacy. And I just want to clear up something, too, along those lines. As I said before, I cannot speak directly for the players of today. But once again, this is a different era. From 1969 to 1976, if you look statistically, as I said before, you will find that drug involvement in society was not as high as it is now. So therefore, whatever happens in society is going to happen in sports. Whatever happens in society is going to happen in the professional ranks—of any profession.

Senator HAWKINS. Before you were arrested, how often were you using cocaine?

Mr. MORRIS. It depended. When I say I was a frequent user, and I became a frequent abuser, that is two facets. One, you see, the person who used cocaine when I used cocaine, they in all probability are still using it. Now, whether or not they have backslid to a point of abuse is another thing. I think the monetary aspect has a lot to do with it. But there are a few people—and you see well-to-do people, people who are well off or fairly well off, you will find them involved in the social aspect of drugs through dealers or through people who have a great access to it. So it depends on the amount that you actually have access to.

In LeMars, IA, you will not find as much cocaine as you will off of Biscayne Boulevard and 79th Street in Miami.

Senator HAWKINS. But they are having an epidemic in South Dakota.

Mr. MORRIS. Exactly. And do you know what is happening? The people who import cocaine from Central and South America into America have made a lot of money. Then you see the other people from America, from South Dakota, who seek this. Now, they may go to California and try and buy it; they may go to New Orleans and try to buy it. They might try to buy it in North Carolina. And every place that I am telling you is a place that I know from knowing dealers that it comes in in those areas. And no one can patrol the borders of the United States enough to sufficiently put any type of dent in the amount of illegal drugs that are coming into this country.

Senator HAWKINS. Is it easy to find a dealer if you want to buy cocaine?

Mr. MORRIS. Well, at epidemic proportion now, it is easy to find someone who wants to sell it to you. You have to look at two aspects. I know of people who do not do cocaine, but they are dealers, because it is strictly money—I mean older people, 50 or 60 years old, who want a quiet life, but have millions of dollars piled up in their closets, and you see, it becomes a game to them, a very dangerous game, because it is played for keeps down at the lower levels.

Senator HAWKINS. How did your using cocaine affect your relationship with your family?

Mr. MORRIS. It was real rough, because I wanted nothing else but what I wanted. I wanted to use drugs. And I do not want to make it seem like it was really a horrendous thing, but as I look back on it now, it was a totally neglectful thing.

I can remember when I first started smoking free-base, which is one of the reasons why I have come forward and asked to help, because I know and saw what this drug did to me, and I know that

the scenario is exactly the same for anybody who goes into the use of free-base. If you look at the statistics in some of the clinics down in south Florida, you will see that there are doctors, lawyers, politicians—everybody—who has access to an exorbitant amount of cash will involve themselves in free-base until they have just about gone down the drain. And the story is virtually the same from everyone. And it is frightening.

When I was in the Dade County jail, a guy who never used free-base was describing to me how his friends were, how they were looking out the window in complete paranoia for 6 or 7 days, not eating for 5 or 6 days, clutching the free-base pipe like I have this glass of water, and answering the doorbell with it in their hands. So you see, they do not see themselves that way. What they do see is imaginary people outside of the windows, and they constantly ask, "Look, don't you see that guy out there?" and there is no one out there.

I remember a guy from Indiana who came down, and the guy was sick, actually physically sick. He had been a grower of pot in Colombia and in Jamaica, and he had done a real rough life, a real rough life, because when you live out there and you try to live that kind of life out there, and you get the money, the next thing you want to do is have more money, and you find yourself not even involved with your family aspects or anything. But I saw this person turn into a monster behind this free-base business.

And I am telling you, Senator Hawkins, it is at such an epidemic proportion right now that you can go, from what I am told now from people who are coming off the streets, you can go and find houses now that are free-base houses where you can buy just one hit for $5 because everybody cannot afford to buy a gram.

When I left the streets in 1982, a gram of cocaine was around $60 to $75. Now it has reached a point where it is $30, $40, sometimes $25. So that means that more people are able to purchase cocaine that were not able to purchase it before.

Senator HAWKINS. Was your recovery difficult?

Mr. MORRIS. No. I actually asked God to take this bondage from me, because I knew I could not do it myself. I tried for about a year.

What I did was I called the 700 Club, back in the beginning of 1982, I think it was January, and I told them I was having a real bad time.

I said, "My name is Eugene Morris. I have a problem with drugs, and I would like to have some help because I cannot do it myself."

So they sent me a little brochure and a thing saying send in $15 a month, initially. So, 6 months later, when the problem still existed, I called again, and I told them my name was Eugene "Mercury" Morris, that I had played professional football, and that my family was being destroyed by this, I was destroying my family myself. So what they did was they talked to my wife and they talked to my sons—at that time, my little girl, who is 2½ now, was just born, was about 4 or 5 months old—my wife spoke to these people also and told them her side of it, which is something people need to do to see the other side, because my wife could really fill people in on the aspects, looking at it from a perspective of some-

one you really love and seeing them just totally self-destruct themselves.

At any rate, the 700 Club called channel 45 in Miami, and channel 45 called the Assembly of God Church called Sunset Chapel, where the pastor's name is Nick Shubert. And 2 weeks later, thank God, he drove up into my driveway. And ironically, my sons were out there, and they came out and said: "Dad, I think the police are here." They thought it was the cops, but in fact, it was somebody from the church. So I spoke with him, and we had prayer. I told him exactly what was going on, and that really could not release myself from this bondage.

So I started to go to church. I went 2 weeks in a row, and then, the third week, one of my friends came over who introduced me to free-base. He came over after his fourth day "up." I always knew when I would see him. If I did not see him at all, I knew I would see him on his fourth day "up"--I mean, 4 days straight of free-basing. And he would come over and, like the Devil's sword, invite me in on it, too. And I did acknowledge that Saturday—well, it was Sunday morning, actually, about 2:30 in the morning—he drove into my driveway and got out, and he brought his pipe and all the paraphernalia—it is like a science. You cannot tell anybody that that drug is actually illegal, and moreover that that form of inducement of that drug is actually, really potentially more dangerous than heroin, because the addiction to it will cause you to go through so many changes that it is quite possible for you to kill for cocaine.

Imagine someone who "shoots"—and I use these slang words, because I get them from prison—imagine an addict who "bangs" it, who fires it into his arm. I have seen guys with scars down their arms that you would think came from an operation like the one I have on the back of my neck, but it came from track marks. And this particular person told me that a guy he tried to rob—he bought some cocaine, and he shot it, and he shot it, and he ran out. So as soon as he ran out, the next subject was to find some more. He did not have any money, so he had to go and get it. He got his gun, and he said: "Mercury, you won't believe it. No one could tell me that I couldn't go out here and find somebody who had some money and rob them and get their money." And now, 11 years later, he feels like he can explain why he did it, because he killed the guy because the only thing in his mind was getting that money—forget the person, and forget himself—not even acquiescent of the consequences that would come about by him, he chose to go after this person with a gun, and in prison lingo, the man "bucked the jack." He "jacked him up," the man "bucked" and he killed him. He got $26 and 25 years.

We are so far away from the reality of that if you do not do drugs, that for someone like me to come in here and tell you that it is really at an epidemic proportion—when I was first convicted, and I went to the Dade County jail, I went up to the library, and the first thing that I saw when I sat down was cocaine. Did you hear me? I was in the Dade County jail. I was in the library. And the first thing that I saw when I sat down was cocaine, dumped out on the top of a Marlboro cigarette pack. And the guy said: "Here, man, go ahead."

And I said: "What, are you crazy? I'm here for that."

Senator HAWKINS. But it is available in the jail.

Mr. MORRIS. It is available, readily available, anywhere. You see, you have got to understand that the people who are in jail for cocaine, or for distribution, or for usery, or mostly for selling, these people were caught maybe one time out of I do not know how many hundreds or thousands of times that they got away. And so now, you put this person in with all these other people who have done the exact same thing, and what you have is a person who now can smuggle—if you can smuggle it into the country, most assuredly, you can smuggle it into an institution.

Senator HAWKINS. Is it free?

Mr. MORRIS. Free?

Senator HAWKINS. Yes.

Mr. MORRIS. Nothing is free—except heaven.

Senator HAWKINS. You said that in your opinion, humans, unlike laboratory animals, could reason, but then when you described your friend, who lost all reasoning power because he had to have more cocaine, regardless of whom he had to kill——

Mr. MORRIS. Exactly.

Senator HAWKINS [continuing]. It seems to me that cocaine does distort a person's ability to reason.

Mr. MORRIS. Oh, sure, oh, yes, no question about that. But I mean, insofar as how a rat will just go back to it, the motives may be completely different. I cannot say why a laboratory animal would go back and want more, but I guess you could fuse that analogy together about people. But I just know from the aspect that once a person involves himself in a specific drug, it is very, very difficult, socially, esthetically, to get away from it. There is no real value in that drug itself, except what it does is take you away from reality. And it took me far away from reality. I had a million problems, I thought, but that was my paramount problem right there, and that was my inducement into getting lost in the atmosphere of cocaine.

So when you get around people, like misery loves company, you find yourself involved more and more heavily. And as I said before, when free-base entered into society, as it has right now, there is no visible way that I can see anything happening except a massive educational reform to try and save people in every particular bracket. There is no blanket coverage that I can come here and tell you that will actually help the whole situation. It has to be broken down into ethnic involvement—I just read in the paper where the young Latins now are using cocaine in an epidemic proportion. And we know that the young blacks are using it in an epidemic proportion, and we know that the semi-middle-class elite are using it at an epidemic proportion. So the only common ground that we have between everyone is that it is at epidemic proportion.

Senator HAWKINS. Is it primarily cocaine that is the problem?

Mr. MORRIS. Yes, yes, most assuredly, and do you know why—because people are busting so much—and listen to this—people are busting so much pot and marijuana that it is getting too bulky for you to have; 100 pounds of pot and an ounce of cocaine are two completely different things. You can put an ounce in your pocket, whereas 100 pounds will fit on this table right here. Economics is

one of the reasons why people are turning from selling pot to selling cocaine. And that is why it is so abundant, because everybody wants to be a dealer.

You find yourself saying: "Well, let me split this gram with this guy, but then I will put a little cut on it, and by putting a cut on it, I will really be getting more than him." The greed factor, too, is one of the things that causes it, with the guy who was shooting it.

Senator HAWKINS. Given the opportunity, what would you say to the kids who may be listening to you on television? We all tell them, as people in authority, that they should not touch it. But you are the best witness I think we have ever had. Now, what would you say to the kids who are looking at you today?

Mr. MORRIS. First of all, I would not try the scare tactic, or this intelligence factor of "Don't use dope, or you are a dope if you do." It has to go deeper than that. It has to start like right here, like this is the beacon where it starts. It starts here from legislators, from Congressmen, from people who have this ability to get to the media and get back to their people, get back to their constituency in the various States here, that they involve themselves in a program of not so much the scare or the awareness, but the education of why you should not—not because it will kill you, but because you can go to jail, because it can ruin your family, because it can cause birth defects. And when you spray a person with all of these factors, one of those, he can choose from. If you sit there in a commercial and try and insult someone's intelligence, a 16, or 17, or 14, or 15, or 13, or 12—because that is where it is right now.

Over in Arlington jail yesterday, I was talking to a guy about this and he said there is now something new called "love dust" or something like that, which is PCP, and they go to grade schools—sixth, seventh, eighth grade—and they make money. They have dealers who are out there. Now, these people who are selling to the kids, these people need something. I cannot say what their punishment should be because I am not in that category to judge another person and say what he should get. Perhaps that person needs help.

But what I do know is that by involving yourself in the educational process at home, it is just like prayer in the school. If you want to have prayer in the school, then first you should have prayer at home, so that they know that that is what they are taking to school. It is no different. If you want to have education in the schools about drugs, then have the education at home, too. Have it sprayed in the media constantly.

If I were in charge of this committee, I would involve myself in every aspect of getting people like myself, like the stars out in Hollywood, in "Tinseltown," who involved themselves in drugs and came forward and said, yes, I have a problem and I need help. I would go to Betty Ford, I would go to Liza Minelli, I would go to all the people who are still alive, and still viable, and who realize, like I do, that life after drugs is what we are basically here for, and to enjoy life, and enjoy the sunrise in the morning and the sunset at night, as opposed to taping your windows because you are afraid to see the light, because the light represents a responsibility that you know you cannot handle.

Senator HAWKINS. You have been very helpful, "Mercury." We appreciate your participation here. You have given us a lot of good ideas. I really respect you, and we will look forward to keeping in touch with you, because I know you have a lot of information for us.

Mr. MORRIS. Thank you very much.

Senator HAWKINS. Thank you so much, "Mercury."

Our next panel consists of former football greats Rosie Grier and Calvin Hill. Reverend Grier is an ordained minister and operates a drug abuse education program in Los Angeles. He is remembered for his days as perhaps the finest defensive lineman in the history of the Los Angeles Rams and the New York Giants. He went coast to coast.

Calvin Hill, whom we were lucky enough to have with us in Washington for a time, played magnificently as a running back for the Dallas Cowboys and later the Cleveland Browns, with whom he is still affiliated.

Also joining us today are current sports figures, Tom McMillen, and our pride and joy from Florida, Nancy Hogshead, the Olympic gold medal winner in Los Angeles for swimming, and a fine Florida girl.

We are pleased and honored to have you here with us today, gentlemen, and Miss Hogshead.

Reverend Grier, we will ask you to speak first, please.

STATEMENT OF REV. ROOSEVELT GRIER, FORMER PROFESSIONAL FOOTBALL PLAYER, CURRENTLY ORDAINED MINISTER AND DRUG ABUSE COUNSELOR IN SOUTHERN CALIFORNIA; CALVIN HILL, FORMER DALLAS COWBOY AND CLEVELAND BROWNS RUNNING BACK, CURRENTLY ANTIDRUG ABUSE SPOKESMAN; NANCY HOGSHEAD, OLYMPIC GOLD MEDALIST IN SWIMMING; AND TOM McMILLEN, PROFESSIONAL BASKETBALL PLAYER, WASHINGTON BULLETS

Reverend GRIER. Thank you very much, Senator.

I am really excited about being here today, and I really have appreciated all the things that have gone forth so far. I was really moved by "Mercury" Morris and the things that he said. I think also, you might realize that he has jeopardized himself now in the prison system, because the guys will turn on him, and maybe, perhaps you ought to see that he is protected in prison.

Senator HAWKINS. We will.

Reverend GRIER. It is a serious thing when we realize the responsibility that we have for our young people, not only for them but for ourselves. We are their models, we are the examples for our young people, and I think so many times, we do not realize the tremendous impact that we have on their lives.

I particularly was angry when I began to realize how the effect of the athletes who were getting involved in drugs were affecting our young people, because I am always out there. They would say, well, if it is all right for that guy who runs, and he shoots basketball, or he hits home runs, if it is all right for him, obviously, it must be all right for me. They do not have a sense of values because seemingly, we have somehow been very efficient at taking

away from the foundation what our young people need in our society. We have separated them away from the true foundation.

And I believe that any time we build a building upon anything that is false, that building is going to crumble. And certainly, the life that we all live needs to be built upon something that is consistent. There is a lot of confusion in our young people today about who and what to believe. We hear all these things about don't trust that person, those people are wrong, they are doing wrong, they are cheating, they are lying. And so, where do we find someone they can believe in? The heroes that they looked up to so many times are beginning to fall down before them.

They say, "I admire that guy," and here we are, we are saying that he is going to prison and he is doing these things, and the media is glamorizing all the negative things in our society—sex, drugs, and everything else. It seems like everyone wants to have fun and wants to get away from their responsibilities.

In my own life, I got involved in running, trying to be happy. I chased women. I did not like drugs, I did not like alcohol, I did not like all those things, because I understood that they would destroy you. But in the same sense, I was running around, cheating on my family, cheating on my wife and responsibilities. So I ran, trying to find a way to enjoy who I was, because I believe every person would like to enjoy who they are. They would like to feel that they are of value and that they are precious. Young people today certainly would like to feel that they can contribute. They look at their mothers and fathers—who are successful, lawyers, doctors, or Indian chiefs—and they want to be successful, and they are competing. They want to be able to achieve and to say, "I am making my mark in a society which seemingly has lost its way." And even when we begin to say there is an answer—that is when I began to find out. I looked around, and I began to see, on the football field, when everyone was so excited about a bag of wind, it seemed to me there had to be something more important in life.

When I saw a friend of mine, Bobby Kennedy, assassinated because of hatred, I began to say, "There must be something that someone can do that will demonstrate we all can love one another." So I began to search. I looked around. I did not see anyone who was talking about love. And so one day, I found myself crying in my room, and I began to understand why people commit suicide, why people get involved in drugs, why people get involved in alcohol, why people do so many things—because they feel that there is nothing of any value to him, and he is not worth anything. So I began to cry out—I heard "Mercury" mention it vaguely, in a sense. He cried out for help, and the person came eventually, and he told him about God. You see, I know that that is the answer for our society, that is searching.

So when I began to search, I was crying in my room. And a man came to my house, and he told me about the Bible. And I looked at him, because I felt, "He has got to be out of his—I mean, I don't need any nut." But a "nut" walked into my house and told me about the Bible, and I laughed. Then an airline stewardess told me about the Bible. And she told me about a man who was teaching it. And I began, one Sunday morning, to listen to this man. I called my ex-wife and my young boy, and I said: "I want you to hear this

man. He is talking about the Bible. He is saying that God loves us. He is saying that we are worth something, even when we do not believe we are worth anything, that someone cares about us."

So, through this man who was teaching the Bible, a man named Dr. Frederick Price, I heard the word of God. And through that man, I took my young son to church one Sunday—he had never been—and we heard about God, and we decided to serve God. We went back and told my ex-wife, and she went with us, and she decided to serve God. Our marriage was restored. I live happily with my wife today.

I decided to spend the rest of my life sharing the love of God with young people, with senior citizens, with anyone who will listen, because you see, we need to know that we are a precious people, that we can achieve unimagineable things if we will only seek the wisdom. You see, man has lost his way—he is turning to drugs, he is turning to alcohol, he is turning to sex. And everyone is trying to satisfy his own needs, his own greed, his own selfishness. And yet there is a way that we can achieve. We cannot turn the lives of young people around by giving them another Bandaid. We need to get to the core. We need to get to the filth that is there, that is destroying their lives. And certainly, the love of God—you see, God created us. He created us for a purpose, and we all have a destiny, whether we fulfill it or not. There are all these side trips, there are all these magnets that pull us. There are the drugs, there are all these other people who are saying, "Cheat on your wife," there are all these other people saying, "Go out and get high," and there are all these other people saying, "Why don't you use more booze," or why don't you do this. When the times get rough, go and get high, and forget about it, trip out, you know.

Yet the real thing is when we face our responsibilities, when we stand up and we begin to realize that there is something for us to do. There is a way to turn these young people away from the high of chemicals. There is a supernatural high, there is a high of knowing that you are precious, that you are valuable, and that you can do whatever you want to do if you will commit yourself.

So I began to see how I could help. I started an organization called Are You Committed—meaning that if you find that you are going in the wrong direction, you need to begin to see what it is that you can do. And we are saying that, sure, you need to learn how to work, sure, you need an education, sure, you need to have all the things that everyone else has— but until you know who you are yourself, you are never going to be able to achieve all the things that you really want in life.

So, I know that the answer, when I give it here today, you are going to say, "Oh, that's not going to work"—the love of God and knowing who you are, beginning to seek God and to know that you are a previous person. There is not one person in this room today, whether you are in the media, whether you are a Senator, whether you are a football player or an Olympic star and all that—we all need to know that we are precious people, that we are one of a kind. And when we begin to share that with our young people—because they do not know; they are listening to all the other people, and suddenly, they do not have an ability to pray in school. They are saying that you cannot do that, that that is wrong. And

so they do not pray. And so we take away the true foundation; the foundation of our Nation, of our people, of this world, is the Creator, and that is God. And when we know that, then we can find an ability to overcome all of the other obstacles—the one that will not allow us to love each other, because that person is black, that person is white, he is brown, he is yellow, so we should not get together, or that person is rich, he is poor, she is old, she is young. So we need to begin to realize that we are all living together, caring about one another, really being concerned, opening ourselves up.

This is not just a mission for Senator Hawkins, it is not just a mission for the men who are using the cameras or the ones who are keeping records, or all the people who are sitting and observing. It is "our" fight, together. Our young people need us today.

And the question is: What are we going to do about it? Are we going to be the example that we really ought to be to show them the way, because we need to make the same commitment ourselves. We cannot tell our kids that they ought to be good, unless we are good ourselves. We need to be examples to them, not only from the White House, but also from the garbage collector, and from all these people. We are part of a society, and when we live together, we respond to the need, and we can see a change in our society.

Senator HAWKINS. Thank you so much, Reverend Grier, for your moving testimony.

We welcome Tom McMillen, who is the star forward with the Washington Bullets basketball team. Welcome, Tom.

Calvin, could you be next, please, on our panel?

Mr. HILL. Thank you very much, Senator Hawkins.

Please allow me a few moments of nervous anxiety. The last time I was this close to Rosie Grier, he was wearing different armour—and he was not necessarily preaching the message of love. [Laughter.]

Allow me the purpose of saying what an honor it is for me, personally, to be here this morning and to testify before you. I would like to use this opportunity to share with you what I consider to be a very positive story about professional sports and chemical abuse.

I was fortunate to play professional football for 13 years, and as one would expect, given my longevity in a profession noted for brevity, I experienced many of the highlights, both personally and on a team basis, that every player dreams of. I also experienced some lows.

There was no low worse, however, than to see a teammate lose his career and his family, to ruin his life because of an inability to handle the requisite notoriety.

There were times during my career when I saw players make wrong choices regarding chemicals that only exacerbated that inability. Regrettably, I did not know then what I know now. In retrospect, I might have been able to help some of those teammates.

I retired from the National Football League as an active player at the conclusion of the 1981 season. Shortly thereafter, early in 1982, I was approached by the owner of the Cleveland Browns, Art Modell, and the head coach, Sam Rutigliano. They wanted to know if I was interested in helping the Browns in the area of employee assistance. Of interest to this forum was the desire of these two men to set up an in-house response to the problem of chemical

abuse among young professional athletes, specifically, among our Browns players.

The catalyst for their concern was the conversation that Sam Rutigliano had had with Carl Eller. To enlighten you about Carl Eller, he was an outstanding all-league defensive end, roughly the size of Rosie Grier. He played for the Minnesota Vikings during the sixties and seventies, and was a leader on the Vikings team that went to the Superbowl, our league championship game, a record four times.

Carl related to Sam his sad story. After he retired in the 1970's, he had to file personal bankruptcy. In answer to the public outcry of "Why?" he confessed that he lost it all because of an addiction to cocaine. Carl, when he talked to Sam, was engaged in a crusade to tell his story of the horrors of chemical addiction. During the course of the conversation, Sam asked Carl why he had never sought help for his problem. Surely, during moments of sobriety, he could see the shambles of his personal life. Carl replied that there were many things that kept him from seeking help. Foremost among these inhibiting factors was his fame. Where does a man, 6-foot, 6 inches, 260 pounds, one whose face was known to countless sports fans across the country, go to get help without it being front-page news?

Carl replied sadly that he did not feel he had a vehicle that could guarantee him the critical anonymity he needed. Sam resolved at that moment that he wanted to provide the Cleveland Browns with a vehicle. He did not want to see any of his players lose it all, like Carl Eller, because they did not know where to go. He talked to Art Modell. Together, they set about assembling a vehicle. That vehicle, or team, includes a clinical psychiatrist, Dr. Greg Collins, the head of the Cleveland Clinic's Chemical Abuse Center; Tom Petersburg, a religious lay minister; Paul Warfield, the Browns' director of player relations, and me, and of course, Sam Rutigliano.

We have set up educational programs, speakers, and literature, to warn those in the Browns family about the dangers of illegal and legal chemicals. Additionally, we have actively intervened if we suspect a player or person has a problem.

In the case of such a person, we will ask that he go and see Dr. Collins, who makes a professional diagnosis. He will decide if a person has a chemical problem and what course of action should be undertaken. Usually, he will recommend a visit to a chemical abuse center, similar to the one that carries the name of our former First Lady, Betty Ford.

Lest it be misunderstood, a player if be wants to on his own may also visit Dr. Collins if he feels he needs to talk to talk to him. A player need not proceed through me or any of the other people I have named.

Once a player has gone to a treatment center and learned about his illness, once he has proceeded through denial, he has learned how to treat his illness, he returns to become a member of our aftercare group. We currently have eight players of the Cleveland Browns who are members of that aftercare group. They call themselves the Inner Circle. They all realize that they are on a lifetime battle versus the chemical for control of their lives. Like a diabetic, who understands that he will always have diabetes, they realize

that they will never be cured; they just hope to achieve long-term sobriety, 1 day at a time, for the rest of their lives.

To be sure, there is a strict weekly agenda for these eight members. They insist upon this agenda. They meet once a week with the other members of the team, including myself and Dr. Collins. At this meeting, we collectively discuss the problems that they incur in trying to maintain sobriety. They encourage and support one another. They criticize one another. They share the natural highs and lows as they ween themselves from dependence to independence. It is a self-help session with an emphasis on tough love, and we never lose sight of that word "love."

Additionally, the players meet individually once a week with Dr. Collins. They also meet once a week with other recovering addicts in the Cleveland area who have the same critical need for anonymity in aftercare. These eight decided early on that urinalysis twice a week is a necessary tool for the group. It is something that we now realize is probably not that important, yet they still insist upon it. Their motto, quite simply, is: Everything for sobriety.

As of yesterday, all of the members of our Inner Circle had at least 1½ years of sobriety—some had more, some had a little less—maybe not a lot, in terms of sobriety. I have gotten letters from people who are recovering alcoholics and chemical-addicted people. Some of them say they have 30 years of sobriety. Now, you would think after 30 years of not taking a drink or not taking a drug of choice, you would be cured. But you are never cured. It is 1 day at a time.

During my involvement with this program, I have learned that professional football players initially experiment with chemicals for many of the same reasons as the general public: peer pressure, feelings of insecurity, boredom, a desire for status. Always, that experimentation is accompanied by a certain illiteracy. Our players did not initially know how powerful and destructive cocaine, marijuana, and alcohol are. They know now because that lack of knowledge enabled them to get involved in a downward, out of control spiral that is drug addiction. They all feel lucky that they did not lose any more than they did while they were involved.

The Browns organization from Art Modell on down supports the Inner Circle, and we all hope that other organizations, sports and otherwise, will make decisions similar to ours.

The ostrich puts his head in the sand because he feels if he cannot see his enemy, his enemy will not see him and will go away. The ostrich, through his denial of the foe, exposes a large portion of his anatomy—unprotected, I might add.

We on the Browns do not deny. We feel we have minimized any unnecessarily exposure. God knows, the fight to combat these substances is difficult even if one does not deny. We do not moralize. Chemical addiction is an illness, and since when is it a problem when one gets sick.

In closing, I would like to reiterate that in 13 years as an active player, I enjoyed some great moments on the field of play. Nothing that happened during that time, however, is any more satisfying than being a part of this Inner Circle. I, as a player, along with millions of other fans, saw many individual acts of courage in the arena.

As these eight have moved from addiction to long-term sobriety, I have been privy to many other acts of courage—to see a large athlete, an athlete who has spent his entire sports career out of touch with his feelings, conforming to an image, a macho image, to see that athlete admit that he is out of control, to see that athlete cry, to see that athlete apologize to those he has hurt, has had a profound effect on me.

I thank this committee for the opportunity to share what I have seen. I thank you for your attention to this grave problem that faces America. And lastly, I thank you because you do not deny.

When Sam Rutigliano 2 years ago, announced to the team the formation of this Inner Circle, he told the players that we had a group, a vehicle, that if they had a problem, they could come to, to seek help. He told them that he wanted them to know that this was a vehicle through me, a retired player. We were not conducting a witch hunt, but we had something to help them.

If you have a problem, go and see Calvin, go and see Dr. Collins. We are going to monitor you on film. If we find out you have a problem, and you have not gone to see them, if it costs us a game, a season, if you get in trouble off the field, I am going to come to you. And when I come to you, I am going to say I love you.

I think it is very important not to moralize, not to conduct any sort of witch hunts, but just to love. Love cures all. It certainly has in the case of the Inner Circle.

Thank you.

Senator HAWKINS. Thank you very much, Calvin.

In our next witness, we have a new, young heroine. Nancy, we are all very proud of you, even if you did not come from Florida, I would be proud of you. I would like you to give your statement at this time about the attitude of the new generation of athletes regarding drugs.

Miss HOGSHEAD. OK. I am also going to talk about amateur athletes, because that is the area I come from.

Senator HAWKINS. Sure.

Miss HOGSHEAD. I have been a nationally ranked amateur athlete for 10 years now, and I would like to give you my insights on the drug problem, to help develop plans. I do not think the answers are going to be easy, but I would like to give you my insights.

First of all, probably my greatest thrill from the Olympics has been how many people who have come up to me and said, "Wow, it was really great. You really did it for us"—meaning that I had given them something to feel proud of. Americans really value their sports and their sports heroes. But all of that attention and everything leads to a lot of pressure. Even a basketball player from a very small high school is in the public eye much more than his peers, or just the average student.

Then again, to add to the pressure, there are coaches, who demand that their sport be No. 1 in the athlete's life, that that is the No. 1 priority in that athlete's life. He wants everything in his life to revolve around that sport. So what happens to athletes then is that they justify what they do. They say,"Oh, I had a great game. Now let's go and get loaded."

"Oh, we had such a hard workout. Let's go and get high."

"Oh, we don't have a workout tomorrow morning. Let's go * * *," whatever.

They really rationalize their behavior, and they feel drugs are a legitimate thing to do.

Another one of the causes is youth. Most of them are very ignorant as to the harmful effects on their bodies of long-term use. They know what it will do to them, say, the next night: "Oh, well, I am going to feel hungover for maybe half a workout," or something. But most athletes, I really think, feel that their bodies are indestructible, and they do not realize with repeated use, what will happen in the long run. You cannot tell somebody, well, the reason why you did not perform well is because of what you were doing 6 months ago, repeatedly. They only see it as, "Well, that just hurt me for a few hours, when I woke up in the morning," and not that this repeated actions really damage their bodies yourself.

Young athletes do not have any long-term vision, and also, there is a lot of peer pressure associated with drugs. It becomes just the accepted norm., of, "Well, come on, you are part of the team, and we are going to go out for beer." I do not want to make this sound so bad as to say that all teams are like this, or that everybody does this, at all. My brother rowed for Harvard, and on his team, if you did anything, ever, if you were even at a party, then you were damaging the team. The peer pressure worked in the opposite fashion. So I am not trying to paint an overly dismal picture here.

Drugs are a problem, but solutions are not as easy as one might think. Hopefully, these insights into the causes of drug abuse will help you develop some plans. There are some intermediate safeguards available.

As far as Olympic athletes, all Olympic athletes are drug-tested—and not just the normal drug tests. They are not just looking for cocaine, pot, et cetera. An athlete will be disqualified for drugs like Visine, any decongestant, or cough drops. They were able to tell whether the athlete took a Sudafed 6 months ago, or whether the athlete took a steroid a year ago. A positive drug test would be an incredible humiliation on himself or herself, their family and their nation. So, when you get on the Olympic level, there is really not too much problem.

But one thing that is not tested for is alcohol. As a matter of fact, if you are having a problem performing the test, they will give you beer. Even if you have an event the next day, they will still give you beer.

Another thing is that in my experience, I am dealing mostly with amateurs, and amateurs have a budget as strict as their diet. Jeff Blatnick, who is the gold medalist in Greco-Roman wrestling, was saying that the last 3 years, he has lived completely on under $5,000 a year. That just does not lead one to be able to afford even a six-pack of beer, let alone cocaine or other drugs. But I am going to put a disclaimer on that to say that I am not implying that that is a reason why amateur athletes should not get more funding, or that pro athletes should not make as much money as they do, because they earn their salaries.

As I said before, the long-term solutions are not going to be easy. Most sanctions that have been placed on the teams I have been on have been very inefficient. I had one coach who instructed his assistant coaches to call every athlete at 11 o'clock at night. Now, granted, we had workout at 5:30 in the morning, which meant that

you had to be up at 4:45 in the morning, so most swimmers were probably asleep, anyway. And all this meant was that if you were going to go out and party, people just did it after 11 o'clock, we simply postponed things.

So I would say that in my experience, threats and sanctions have really been inefficient. You are going to get kicked off the team? Well, OK. It's a risk the athlete will take.

But I do think that we need some education. Most athletes need to know the long-term effects of what is going to be happening to them, that it will hurt their performance, ultimately, and even the most talented athletes will fail to become the best athletes they can be.

Most athletes, especially Olympic-caliber athletes, want to be the ultimate that they can be—not just to be in the running. They want to be as good as they can be to develop the talent they have been given to the fullest. To let them know, "If you keep doing this, this is going to hurt you a year from now or 6 months from now." The feeling in amateur sports that partying does not really hurt you, and that you really need it as a release from all the pressure that you are going through must be dispelled.

Once again, I am quite honored to be here. And, being a political science major at Duke, my classmates are going to be so jealous.

So I hope I have given you some insights to help formulate some solutions.

Thank you.

Senator HAWKINS. Thank you so much, Nancy.

We will now hear from Tom McMillen, who is a star forward with the Washington Bullets basketball team. Please tell us what your team is up to.

Mr. MCMILLEN. Well, Senator Hawkins, it is a pleasure for me to be here today. I apologize for being late, but I was undergoing a physical, which is part of our process in the NBA to make sure that we do have a drug-free NBA.

I am also delighted to see a friend here, Rosie Grier, and I am also delighted that I am playing basketball and not football, and do not have to compete against the likes of you.

I have been fortunate to have a long career in professional sports—this is my 10th year—I have had experiences that I think point directly at the use of chemicals in our society today. Three of my former teammates have all been involved in some chemical abuse situations, two of them publicly—John Lucas and John Drew—one of them privately, who had a lithium problem. But all these cases were incidences of athletes who almost ruined their careers, almost took total financial lost. But the positive side out of it is that all of them have resurrected their careers and resurrected their lives and are moving forward in a very positive fashion.

I think it points out in a very telling fashion the good side of our NBA policy which has been implemented recently. I think this policy combines the very best of amnesty and amnesty periods and rehabilitation with a very firm hand, and that is, for repeat offenders we have strict enforcement and strict penalties.

I think this program has been a big step forward for our league in trying to root out the chemical abuse problems in our league.

I look back at what Peter Ueberroth said a few weeks ago, and I think he made a very important comment. He said, "What we need to do is attack drugs, not athletes." And after all, the institution of sports is not alone in the incidence of drug use in its ranks. I mean, we do have a very high disposable income in the NBA, players making in excess of $150,000 a year, and yes, that leads to drug abuse. But you only have to look into our military and see studies that indicate that we may have as much as 50-percent penetration of drug use in the military, or in other entertainment areas. In Hollywood, we hear stories that abound about drug use. And even in government, in our highest ranks of government, we hear from time to time of the incidence of drug use in these ranks. I think this should be very much the concern of all of us, all Americans, because I think the point here is that sports are not a drug-infested industry. The peculiarity here is that sports occupies a very sacrosanct position in our society today, and because of that, I think that is why we have the focus that we have today.

The real problem here is that we serve as role models to 12- and 13-year-olds, who are looking at us as they should lead their lives, and suddenly see an acceptability in drug use, and the curiosity and experimentation that result can often have very tragic consequences.

As a chemist and someone who has studied sciences in college, I have a very scientific concern about all this. I think one of the things that the DEA has done very well is they have gone around to all the pro teams, and they have explained a very fundamental difference between alcohol abuse and other chemical abuse, and that is, alcohol is a water-soluble problem, and most drug problems are a fat-soluble problem. Very simply, that means that most drugs that you imbibe into your system have a half-life attached to them. It may take you 6 months to get rid of all the cocaine residue in your system, while on the other hand, alcohol, a water-soluble substance, is out of your system in less than 24 hours.

The real problem here is that we do not know what happens when you put substances with great half-lives in 12- and 13-year-olds, and when they are in the most formative stages of their bodies and their minds. I think my concern as a chemist and as an athlete who is playing a role model of sorts is that I do not want to give the impression to 12- or 13-year-olds that it is OK to use drugs, but more important than that, I think, is the fact that we should be concerned about what they are doing to their bodies and the fact that they are inhibiting their neuron impulses and all the various things that you can only see very clearly through a constructive education program.

I think when you look at all this, and you realize what has to be done, I think you see very clearly that you must construct programs that create disincentives for any motivation for drug use.

I think the first point you should look at is a strong education program. I think we in this country are living in a fitness-focused age, and I think we must impress upon our youth the need to regard the body as a temple and to realize the health hazards involved with drug use. And I think this is one way to counteract the curiosity seekers and the experimenters of drugs.

The second, I guess, tier in this program would be to really focus on the rehabilitation efforts, to really help the current user get off the terrible drug treadmill that he is on. I think in the NBA, we have been very successful in rehabilitating several of our athletes and having them move forward into constructive lives.

I applaud the interdiction efforts that this Government has taken in recent years to patrol our borders and to prevent and complicate the profitmakers' efforts. I think this is very important, because after all, what we are talking about is the basic productivity of our Nation, not just the productivity of athletes running up and down a sports field, but the productivity of people in factories and people in service industries across our country.

I think it is very important. My experiences in Japan and other nations indicate that interdiction can have—can have—an effect, and I hope that we will continue to stress that effort.

And the last tier in this, and I again stress, the last, is that we have to have penalties. We have to have a firm hand to deal with the repeated offenders and particularly the dealers.

I recently was on a flight, several months ago, and came across someone who, to my horror, told me that he had made $25 million trading drugs in the last 5 years, and that he had stopped a couple of years ago. So I think we have to do something. We have to have penalties to prevent this distortion of our fair free market and free enterprise system.

So from my standpoint, from an athlete's standpoint, I think this is a four-tier program, and I stress each tier in order of its priorities. And as an athlete, I hope we can continue to speak out, to hopefully send signals to the youth of our country that drugs are not right, and they will not help you in the long run, and that by doing so, I think we can maybe make the future a little bit better for everyone.

So I would like to say, Senator Hawkins, that it is a pleasure for me to be here and to make briefly a couple of points that I think need to be made about drug abuse. It combines not only the role model aspects, but also the chemical aspects, which I think are very important.

So thank you for the opportunity.

Senator HAWKINS. Thank you so much for your participation.

Calvin, can you tell us about the possible benefits of aftercare programs for drug abuse victims?

Mr. HILL. I think it is very important, aftercare. We all read about the athlete or the person who has gone to a treatment center, perhaps gone back to a treatment center, and somehow succumbs again to the use and abuse of the drug of choice.

We make the point in Cleveland that going to a treatment center or even education is not a shot of penicillin, it is not a wonder drug. Once a person comes out of a treatment center, he is not cured. In fact, he is never cured. He just recovers, and he spends the rest of his life achieving long-term sobriety.

Most of our players came away from treatment centers with the credo in mind: 90 meetings in 90 days. They need to be around other people who are also trying to recover. And they have to constantly be reinforcing themselves against the desire to go back.

I think it is important to understand that the feeling of intoxication, the knowledge of what that drug does for one, is an experiential phenomenon. It is a feeling that, once learned, is never unlearned. The wino, the alcoholic who wakes up in the morning after having spent a horrendous night, once he gathers his senses, he never forgets how good he felt when he was high. And it is that temptation, that knowledge of how good it feels, that a person has to fight for the rest of his life. So they have to be actively involved in trying to assure themselves of long-term sobriety.

One of our players made an analogy with religion. He said, "Just because one becomes a Christian, or one finds God, that does not mean that the temptation is not there." He pointed to a saying in the Bible—and perhaps Rosie can tell me where it is in the Bible—"The spirit is willing, but the flesh is weak." And in the case of a recovering addict, the spirit is willing, he wants to do the right thing, but the flesh is weak. So he needs all the support that he can possibly get, and it is a 1-day-at-a-time kind of thing.

One of the things that concerns me is the mistake I feel a lot of people make in thinking that a person can go to a treatment center, spend 2 weeks, 3 weeks, a month, in some cases, 2 months, and come out cured. They are not cured. I believe the really tough part starts after that, because it is like sin—it never goes away. The desire never goes away.

Senator HAWKINS. So it is a lifetime of saying "No," I guess.

Rosie, you gave us a very moving message about love, and Calvin, you mentioned it, also. I am sure we all feel isolated sometimes in our own professions, especially when you have to practice as much, say, as an Olympic swimmer, or work out so much. And Nancy has given us some good insight into the amateur athlete's feelings that this is temporary harm that will go away when they grow up.

It seems to me that the Federal Government could do a lot to improve children's self-image by PSA's that came on before 2 a.m. in the morning, prime-time PSA's—public service announcements. I have been monitoring them pretty closely, and it is amazing what time of day they come on. You really have to keep weird hours to see them.

We put aside $1 million in the reauthorization for the National Institute of Alcohol Abuse this year, at my urging, just to make public service announcements, to create them, and then buy the time—the time that the networks will not donate—find the time and play them at prime time when we know that the right audience is listening to them.

I think "Mercury" Morris gave us a good message of someone who could tell people how drugs became all-encompassing; he had nothing else on his mind. Family, friends, and everything else went down the tube when he was such a successful man.

Rosie, what do you think we could do, other than what I have said? Don Rees says that illegal drug use in sports has reached epidemic proportions, and the NFL is headed for disaster. That is his quotation.

Reverend GRIER. Well, one thing, I think we need to realize that this is big business. I mean, drugs are not getting to these kids just because someone wants to run their lives. There is a big profit on

the other end for the dealers, those people who are selling the drugs. And I would not be surprised if a whole nation was not involved in seeing that this is the way of the economic survival, upon the misery of people who are sucked into this prison, actually.

The other thing is that the pusher who is outside sees all the money these athletes are making, and he says, "Well, why should I go with this guy in the street?" who does not have very much, and he has to go out and rob somebody—and these guys, they have all this money—"Why don't I take it away from them?" He can use anything to get them hooked. They can use women to get them involved, or something to get these guys—because all they have to do is get them hooked.

So again, I think we have got to begin to start in the junior high schools and in the homes where these kids begin to start out early, because there again, as a minister, I know that we begin talking about sin early, to let people know that the wages of sin is death. Well, this is the same thing. This is death. We are saying to these people, "This is going to kill you. It is not something that you can play around with. It means your whole life. You are going to kill yourself. This is a way to destroy everything that you ever dreamed of becoming, because you are not going to make it."

But there is an alternative. We need to begin to show an alternative lifestyle. For instance, it would be great sometime to realize that there are some movies that are being made that really tell about the horror of these kinds of things. But we glamorize everything—it's a laugh—and we sell everything by the showing of—I mean, here is this beautiful lady here, and take her to the bar, and get drunk, and the next minute, you see them in the bed. So they begin to think this is the thing to do.

So I think we have got to be able to reach the young people by being able to spend time on the campus—a guy like Calvin Hill, or Tom, or Nancy, going to the junior high schools and spend time, and let the kids know, just share. We talk about the way to stop crime is to have more policemen. The way to stop crime is to get the people in the community involved in crime prevention. So when we involve everyone and share with the young people the danger of involving themselves in drugs, then we are going to be able to see the results, and they are going to turn away from drugs. The way to stop a pusher is to dry up his source of income. If there are no buyers, they are going to go out of business.

A lot of times, I go into the schools and I ask the young kids, "What do you think is the greatest thing that the pusher brings? What do they want from you?" And they answer, "They want our money." That's all they want. To realize that the only reason a pusher shows up around a school, or around a football camp, or in any place, the only thing he wants is money. And they need to see that—and that he will kill them to get it.

Senator HAWKINS. Well, you have hit upon a point that we have proven in this committee, and that is that it is no accident that this country is flooded with drugs. We have indicted four high Cuban officials, and we are in the process of prosecuting Nicaraguan officials who have been indicted in Miami for obvious collusion on a national effort to flood this country with drugs. The Nicaraguans called it the morality of death. Their whole plan was, as

presented to the people they were trying to convince to assist them in their efforts, Nicaragua would be better off if we were dead. So, the morality of death in the United States became a high priority with the Sandinistas.

So you have put your finger on one of the points, that we are the object of drug trafficking more so than any other nation because it is often a concerted effort by foreign governments.

Also, a concern of mine is that several of the coaches talked about the parents having a deep responsibility. I know many parents who do not even know how to talk with their children about this, because it really was not a problem when we were growing up, people my age growing up. You know, it was a big deal to smoke cornsilk behind the barn, and we would sneak out to do that—and I see a lot of smiles in the audience—and you got beaten real good if you got caught, I'm telling you. So there was a penalty for that type of thing, even though we were just being freaky. But now that it is hard drugs, and it can have long-term implications, and it can have a damaging effect on the body—and I think we have to teach them that the body is a temple, and we must keep it pure, and the mind reflects the body—we have learned an awful lot here today.

We released a study last week, Tom, in light of what you were saying, we released a study Friday—the first one done in many years, because now there is a lot of focus on this—of the total cost to society other than crime. We talk about crime all the time, but the total cost to society involving medical costs, absenteeism, slowdowns, calls in late, death, other factors, is $41.9 billion last year. That is a big number when we are talking about that removed from the marketplace. In 1980, it was $25 billion. You can see what is happening, that it is getting to be a bigger number. And you are right, as we go to other countries that have a totalitarian government where they do not allow drugs, they do have much higher productivity, lower medical costs, et cetera.

So I want to thank all of you for helping us.

Tom, one last question. It has been reported to my committee, and I would just like an answer, that there are more drugs in basketball than in football because basketball is played every day.

Do you think that is true?

Mr. McMillan. I really do not know, and I do not know if anybody really does know. You do not see drugs in the locker room. Sometimes, that kind of Orwellian framework disturbs me a little bit, because I feel that people all of a sudden think that sports is the only place where drugs occur.

The real point here is the linkage issue. It is the linkage that sports have to the children of our society. Sports permeate every area of our society. And I am sometimes a little concerned that in the area of sports, we may have a total disregard for civil liberties just because it has a high incidence of drug use.

I recall back in 1972 when I was in the Olympics, when a great athlete, Rick DeMont, was denied a gold medal because he was using asthma medication.

The point is, in the world of basketball, we took on an effort to self-police our problem, and we self-initiated, with the conjunction of all the players, to solve our drug problem. It was not something

that management came down and said, "You must take mandatory drug control tests." That was not the case. We agreed to go forward because of this linkage issue and all the other things.

So I do not think the issue is whether there are more in basketball or more in football. I do not know anybody who knows that. But I think the real issue is the self-policing and stepping forward and having an athletic organization decide to do something about its internal problems.

Senator HAWKINS. Calvin.

Mr. HILL. I would just sort of like to agree with Tom. One of the big problems in treating chemical abuse, I believe, in this country, certainly, for an individual or for a segment of society, is something called denial. You like to point elsewhere and say, "They have a problem." Or you hear individuals say, "I am a social drinker," or "I am a recreational user. I am not an addict."

Obviously, sports are a little different. We tend to put athletes on a pedestal. I am not sure that is good or bad. But I think there are some very positive things that are being done by basketball, by football, by all of the sports, in terms of this whole concept of role models. If it is a fact, good or bad, it is a fact. So why not use the positive story of John Drew, who was a basketball player who admitted he was out of control, and sought help, and became a source of inspiration for our guys? We have a player, a former Heisman Trophy winner, Charles White, who completely transformed his life. People like to point at the negative things about Charles White, but there is a tremendous positivity in getting through that whole cloud of denial. You know, why isn't a John Drew or Charles White, or other people who have gotten through this denial—why aren't they utilized to help other people in this society to get through denial?

I have never been to any of these Thursday meetings that our players go to with other members of the Cleveland community, but I am told that they have doctors and lawyers and airline pilots who also are afflicted by the disease or the illness of chemical abuse. In their case, as in the case of our athletes, it was getting through the denial, realizing you had a problem, being willing to take that first step.

One of the great role models in the New Testament—well, he comes second, there is no question about that—is the Apostle Paul, who was a fallen man. But the New Testament does not focus on what he did before he was converted; it focused on what he did afterward. And I think if we are going to use athletes as role models, be it good or bad, we should use them in a positive way and use a John Drew or use a Charles White to help other people get through this whole issue of denial, because it is only when we get to that issue that we are going to take that necessary first step.

Reverend GRIER. I also think that perhaps we ought to use a lot of the athletes that have not gotten involved. I think too many times, we use the guy who has already gotten involved and gotten messed up. But there are a lot of athletes who have not gotten involved in drugs. A judge told me one time—I used to go out and work with the gang kids all the time, and I was always with the gang kids. He said, "Why don't you spend time with the good kids, because the good kids need to be encouraged to stay that way, to

stay away from drugs." There are many, many kids who are not involved in drugs, but we are spending all of our time dealing with those who have gone through the problem, and yet there are those who have not. And we need to encourage them to continue to excel, and the athletes who have not been through those things to continue to strive, to encourage those who are potentially headed in that direction to stay on the right track. We need to encourage the people who are doing good, also.

Senator HAWKINS. Surely.

Tom.

Mr. MCMILLEN. I just wanted to add one concluding thought from my standpoint. What I was trying to point out was that sports is segregated so often, and I do not think that is fair to our industry. You made a point of airline pilots, and I make a point of military and doctors and people in government. These people are a very important part in terms of sociological ranking in our society. Why are we putting such a focus on athletes who are out there playing such an artificially contrived game? Yes, because of the linkage factors, but I do not think we should be treated any differently than any of the other sectors of our society which are plagued by this problem. And that is the concluding point that I wanted to make.

Senator HAWKINS. Well, we do not want to make you feel we are picking on you. I have had about 20 hearings in the last 2 years, and they have been on the media and drugs, they have been on productivity and drugs, whatever the linkage is—military preparedness and drugs. So we have given everybody their licks. And we are trying to learn. I mean, this is a phenomenon that is just mushrooming as we sit here and talk.

I believe the reason most people feel this is probably the most sacrosanct area, as you said, is because we have embodied many of the virtues of American life in athletes—physical perfection, physical accomplishments, going above and beyond the average, and those who succeed especially in the Olympics and professional ball are the superpeople of the world. And the kids do look up to you, and the longer I live, the fewer heroes we have. So I feel that this particular area of achievement has a greater responsibility to the youth because of the across-the-board, from whatever age it is—I have 5-year-old twins who watch you play on Sunday with their grandfather—so it goes from 55 to 5, and you are all their heroes. So I appreciate what you have done to police yourselves. I think that is the beginning. As you have all said, denial is the worst form of cure, and having a program that Calvin participates in is wonderful. Nancy, your participation and telling us what the amateur athletes think lets us all know what we should do better as elected officials to wipe this scourge from the face of America.

Parents should go home each night and say, "I am fed up; I am not going to have it anymore. It is not going to be in America." If we all were unified on that, it would be accomplished, because we could do what we want to do, as you all have told us here today.

[Additional material supplied for the record follows:]

Senate Sub-Committee on Substance Abuse
September 25, 1984

Statement By:
Mary Ann Morck
Director of Community Education
Operation PAR, Inc.
6613 49th St. North
Pinellas Park, Florida 33565

ISSUE: DRUGS AND SPORTS

As the Director of Community Education for Operation PAR, I am constantly made aware of the needs of the community as they relate to drug and alcohol information and education. Last year we began to notice that the issue of the relationship of drugs to sports was gaining local as well as national attention. In response to the concern of people locally, Operation PAR developed and began a program entitled, "Drugs and Sports".

The "Drugs and Sports" program covers:

- the dynamics of competition
- dealing with stress
- sports medicine vs. drug use/abuse
- effects of drug use/abuse on performance
- responding to a student athlete with a problem
    - as a teammate
    - as a coash
    - as a teacher/counselor
    - as a parent

The course is designed for middle and high school athletes, coaches and parents. The course was made available to teams on a group basis.

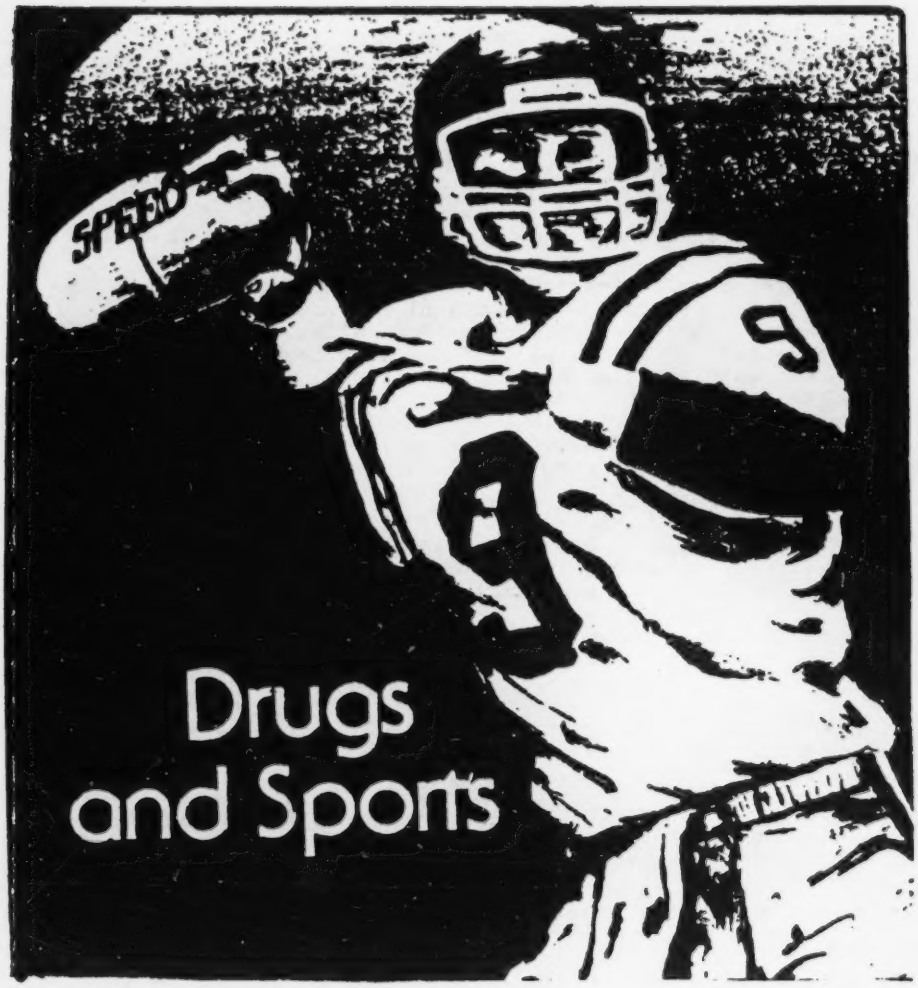
The course is taught by individuals with a strong background in drug and alcohol education, prevention and treatment as well as an interest and knowledge of sports from a participant and coaching point of view. All instructors have background in competitive sports and some are still very active.

In addition to the information on drugs, the course offering enlists the assistance of local professional athletes to provide the youngsters tips and assistance in further developing their abilities without the use of drugs.

"Drugs and Sports" helps to dispel many of the popular misconceptions held by athletes about drugs. The course also provides participants with the opportunity to rationally examine the pressures applied by friends, teammates, the media and society in general to drugs and alcohol.

The program has been extremely successful. Additional programming of this type would be helpful in providing young athletes and coaches a more realistic outlook on substance use and sports.

Thank you.



Operation PAR, Inc.

COMPREHENSIVE SUBSTANCE ABUSE PREVENTION
EDUCATION AND TREATMENT PROGRAMS

No Easy Answers

Drugs in Sports:

"There's a problem in high school today, on college campuses, even down to grammer schools. This is not only a problem in pro football, but in society."

"People must know the effects of these drugs. Kids who get into this thing don't realize what the end result is and therefore our only opportunity is to educate them."

Tom Landry, Coach
Dallas Cowboys

- DRUGS & SPORTS -

OPERATION PAR IS PROUD TO ANNOUNCE THE AVAILABILITY OF THE 2½ HOUR COURSE ESPECIALLY DESIGNED TO ADDRESS THE QUESTIONS AND NEEDS OF TODAYS YOUNG ATHLETE, AS WELL AS COACHES AND PARENTS.

THE COURSE IS DESIGNED NOT ONLY TO TEACH ATHLETES ABOUT THE DANGERS OF SUBSTANCE ABUSE, BUT ALSO THE SPECIFIC DANGERS POSED BY DRUGS AND ALCOHOL ON THE PLAYING FIELD.

"DRUGS AND SPORTS" WILL DISPEL MANY OF THE POPULAR MISCONCEPTIONS HELD BY ATHLETES ABOUT DRUGS. THE COURSE ALSO PROVIDES PARTICIPANTS WITH THE OPPORTUNITY TO RATIONALLY EXAMINE THE PRESSURES APPLIED BY FRIENDS, TEAMMATES, THE MEDIA AND SOCIETY IN GENERAL TO THE DRUGS AND ALCOHOL.

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- dealing with stress
- sports medicine vs. drug use/abuse
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- responding to a student athlete with a problem
    - as a teammate
    - as a coach
    - as a teacher/counselor
    - as a parent

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In addition to the information on drugs, the offering will attempt to enlist the assistance of local professional athletes to provide the youngsters tips and assistance in further developing their abilities without the use of drugs. (Professional athletes are subject to their availability.)

Cost of the course is $5.00 per participant with an additional $2.50 charge for a workbook. Special group rates are available for groups larger than 25.

If you are interested in such a presentation for your team, please contact:

Director of Community Education
Operation PAR, Inc.
6613 49th St. N.
Pinellas Park, Fl 33565

(813) 527-5866

"MYSTIC ROSE", the ancient symbol of life, rebirth, and rehabilitation, was adopted in 1971 by Operation PAR as symbolic of the program's treatment goals. The five handless figures appear to be reaching for help. PAR is dedicated to providing available community services to those reaching out for help — for those in need of treatment for substance abuse related problems.

Operation PAR, Inc. provides comprehensive substance abuse prevention, education and treatment services to residents of Pinellas County and surrounding areas. The following services are provided by PAR:

Parent Awareness Programs
Parent Education and Training
Primary Prevention Programs
Long-term Residential Treatment
Outpatient Counseling Services
Chemotherapy Treatment
Elder-Education Program
Medical Services
Early Intervention Programs
Special Population Outreach
Offender Diversion Services
Incercerated Offender Treatment
Employee Assistance Program
Psychological Testing
Consultation
Research and Evaluation

ADMINISTRATIVE OFFICES:

Operation PAR, Inc.
6613 - 49th Street North
Buccaneer Plaza
Pinellas Park, FL 33565
527-5866

This project is funded under an agreement with DHRS.

Operation PAR, Inc. is a NON-PROFIT TAX EXEMPT corporation. All donations are tax deductible.

St. Pete Times Nov. 22, 1983

James Owens also carries the ball for 'Drugs and the Athlete' program

By RICK STROUD
St. Petersburg Times Staff Writer

CLEARWATER — Not unlike a lot of 17-year-olds today, he had succumbed to peer pressure and tried marijuana in high school. But for Tampa Bay Buccaneer tailback James Owens, drug use ended the moment it began.

"I'm not going to lie to you. The only thing I tried was marijuana," Owens told a group of high school athletes and coaches at Countryside High earlier this week in the first session of "Drugs and the Athlete," a new program offered to Pinellas County schools through the Community Education Department of Operation PAR.

"The reason was the guys on the basketball team were doing it and after a game they kept saying, 'Come on J.O., come on and try it,' " Owens said. "So I did and didn't like the experience. Your first experience with drugs is probably going to determine how far you go with it, but it's a dead-end road. I wouldn't have been in this position if I'd stayed with it (marijuana)."

Along with Owens, the program featured speeches on sports medicine and drug abuse-related topics from Jerry Slaven, University of South Florida cross-country coach; Justine Neri, Robinson Symphony Classic 10K champion; and Robert Neri, PAR Adult Residential Treatment Center director.

Owens, who came to the Bucs in 1980, traced his athletic accomplishments as a two-time California high school state track champion, his track and football career at UCLA and as a member of the 1976 U.S. Olympic track team. But he said more talented high school teammates watched their athletic careers die because of drug involvement.

"There was this one particular individual you don't know but he was a friend of mine," Owens said. "He was a three-sport star in high school that could've played at any university and probably turned pro in any of them. I mean he was that good. But he didn't because he got hooked on this drug.

"He became a living legend for me," Owens added. "But without seeing that happen, I might not have ever made it."

Each panel member spoke for about 15 minutes on a different, drug-related topic, emphasizing the effects of substances on an athlete's body and performance. Slaven kicked things off with a discussion on the legal administering of drugs by physicians for treatment of athletic injuries before the program swung to the more abusive aspects.

"When I was in high school in 1970, I sat there when people came to talk to us about drugs and the approach they used was to scare you," Robert Neri said. "They did it about the same way as they did in driver's education where they show cars wrapped around telephone poles and bodies ripped apart. But the fear effect doesn't last long enough — it fades from the memory quickly. Hopefully we can inform you."

Neri proceeded to dicuss the negative effects of alcohol, marijuana, Quaaludes and cocaine on the body, illustrating contemporary party settings where adolescents are likely to be exposed to such substances. He also noted that of those who die before age 22, most are the victims of an automobile accident involving drugs or alcohol.

"This is a time in your life when you're experiencing a lot of new situations," Neri said. "If you experience those things under the influence of drugs, you'll never learn from it."

The program included the videotaped presentation of "Where Have You Gone Joe DiMaggio", televised earlier this year by *60 Minutes*. The piece discusses the increasing use of drugs and alcohol in professional and amateur sports. But one of Owens' major points was to stress that not all professional athletes, particularly those in the National Football League, are using illegal substances.

"It's a misconception that all NFL players are using drugs," Owens said. "The media is what blows everything out of proportion because they only focus on the ones involved and you never hear about the other guys.

"If you want to maximize your efforts as far as becoming an athlete, I advise you now to leave (drugs) alone," Owens added. "Believe it's going to come to a dead end road. And you'll be like my friend in high school saying I could've made it . . ."

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TEL (801) 263 3636

September 19, 1984

Mr Orrin Hatch
United States Senator
Washington, D.C. 20510

Dear Senator:

Thank you for the opportunity to comment on our drug problems as I see them. These are the independent views of Frank Layden:

I I believe that professional sports and in particular, the National Basketball Association, were one of the first professions, since Drug and Alcohol Abuse are not confined to our American athletes but are prevalent throughout our society. American professional athletes provide an excellent market to those who would sell drugs. They are young and make more money than most people in their age category. Their backgrounds, in many cases, have not provided them with strong family ties or church influence. In many cases, their educations have been inferior, because the American athlete today is very much catered to and spoon-fed right up through college. In many cases, there is no substance to their moral values. The most important thing is that we recognize (sometimes the hardest thing) that there is a problem. Coaches, like parents, sometimes are the last ones to know that there is a problem even though we are very close to the subject, we do not want to believe that it is happening to us. Professional sports has taken this first step. We recognize that there is a serious drug and alcohol abuse problem.

II How do we attack the problem? EDUCATION. Constant bombarding of the athletes and all students for that matter, from grade school on. We must make them aware of the dangers of drugs and alcohol. Parents, clergy and teachers must not be afraid to approach this subject and must also be continuously educated on the subject. The NBA has a program, together with the Players Association (Union) in providing education on the subject of drugs and alcohol. A good coach will put this high on his list of priorities. We must keep abreast of all new drugs and how they may be obtained by the athletes. We must keep abreast of the language and the methods of using drugs just as our younger generations do. Trainers and assistant coaches also must play an active role in this education.

III REHABILITATION. There must be programs made available to the victims. Drug addiction, as of course we all know, is on-going, uncurable but controllable. I have received numerous telephone calls and letters from parents of people ranging in ages 12 to 40 who had discovered their off-spring had a problem but simply did not know what to do next. All of our social services, clergy, doctors, teachers, et cetera, must be made aware of what to do when an addiction is discovered. The NBA, through the Life Extension Institute, a healthcare service of Control Data, together with

the Players Association, works on a very confidential basis to not only protect the rights of the victim but also to make sure that the proper care is provided and that out-patient care is an on-going process, which probably will go on for the rest of the victim's life. Such as, Alcoholics Anonymous, Narcotics Anonymous, et ceteras, in a very structured program that will be carefully monitored, since we do not want to see these people return to drugs any time in their future lives.

IV. ENFORCEMENT OF OUR DRUG LAWS. Right now, the Security people within professional sports have no authority in terms of enforcement. They act merely as a clearing house for information to be forwarded to the proper authorities. Our laws are sometimes complicated and seem to protect the drug pushers beyond what is logical or reasonable, with not quite as much attention being given to the users. We are in danger of acceptance of some drug usage, for instance, if in a questionnaire or conversation with a college or high school coach one were to ask, "Is the athlete a drug user?" The answer may very often be: "He might smoke a little grass but other than that, he's straight." Or the terms, such as, "social and recreational users" in fact, sometimes, this is considered humorous. Drugs are big business with tremendous amounts of dollars being involved. The defense against drugs must be attacked with the same resources. I feel now that our laws are too soft. As one law enforcement agent told me: "We are always searching for Mr. Big and missing the point that drug usage starts with the penny anty pusher in our high schools."

I feel that there must be compassion shown to the drug user, if he is an athlete, we must first separate him from the fact that he is in athletics and deal with him as a human being. Forget the touchdowns and scored goals and save him as a human being. To the profiteers, let us be very severe in our penalties; as one drug pusher put it: "For the dollars I make in this business, I could risk a couple of years in jail standing on my head."

There are countries in this world that are relatively drug free simply because the risk of importing and selling drugs are too high a price to pay. I feel that the Federal Government must not allow itself to be compromised in dealing with the Latin American countries who are exporting drugs to us. If we thought it was important enough to send our forces to invade Granada or to aid in the Falklands or to stop Cuba from putting up missiles, why not boycott, blockade, or even invade to stop the export of drugs into this country. Since I think drug use is even more dangerous and has a greater effect on our people today than the threat of Communism is. Penalize these countries who would inflict this menace on our most precious possession -- the YOUTH of this country.

V. AUTHORITY. I would make a strong suggestion that our major league sports, baseball, football, basketball, hockey, soccer and horse racing, together with the NCAA and the National High School Association, have a Commissioner, a central office with some law enforcement authority to deal with drugs in American athletics. Because of their proximity and interest in sports, we might also include Canada. This office would be similar to the institution of our FBI years ago when gangsterism was prevalent in this country. This office would oversee and centralize all aspects of drugs, alcohol and gambling in athletics in this country. It could be supported by each of the individual groups and not have any great burden on the taxpayer. With the millions of dollars generated in sports at all levels today, and with the importance that we place on sports in the American way of life, I believe the price would be very reasonable.

I am sorry that my schedule does not allow me to join you at this time. I would like to

let you know that I will be personally available to aid in any way I can and to offer the Utah Jazz Organization to help in any way that it can. I feel that strongly about this problem at this time. Anything that attacks our religion, our home, our professions, careers and the standard of life here in the United States, should be given our very highest priority.

Sincerely,

Frank Layden

Frank Layden
General Manager/Head Coach
Utah Jazz of the NBA

FL/hd

Senator HAWKINS. I want to thank all of you for participating. This has been a very good hearing. I have learned a lot of things that will help me in the future in drafting legislation for better laws.

Thank you.

[Whereupon, at 12 p.m., the subcommittee was adjourned.]

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